

Sleep Hygiene Tip Sheet

Health Conditions Associated with Poor Sleep	Sleep Hygiene
<ul style="list-style-type: none"> • Difficulty with attention and focus • Diabetes • Heart disease • Depression • Weight gain • Difficulty managing chronic pain • Reduced ability to fight infections • Over reliance on over the counter (OTC) medications (speak with your medical provider prior to taking OTC medications for sleep) 	<ul style="list-style-type: none"> • Be consistent • Go to bed at the same time each night and get up at the same time each morning, including on the weekends • Make sure your bedroom is quiet, dark, relaxing, and a comfortably cool temperature. Consider using a white noise machine to drown out noises • Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom • Avoid large meals, and alcohol before bedtime. Cut off caffeine 6hrs before bedtime • Get some exercise. Being physically active during the day can help you fall asleep more easily at night • Avoid napping during the day. If you must nap, limit yourself to 30 minutes • Take action to resolve anger or stress prior to going to bed • If unable to fall asleep in 15-20 minutes, get up and do something relaxing until you feel sleep
Benefits of Quality Sleep	Medical Interventions/Resources
<ul style="list-style-type: none"> • Improved mental health, mood, and motivation • Boosts ability to pay attention and make decisions • Enhances creativity • Improves productivity and problem-solving skills • Reduces risks of depression, risk-taking behavior, and suicide • Reduces risk of heart disease, blood pressure, obesity, kidney disease, diabetes, and stroke • Improves body's ability to repair cells and tissues, and boosts muscle mass • Supports growth and development in children • Improves immune system functioning 	<ul style="list-style-type: none"> • Cognitive Behavioral Therapy (CBT) • Support groups • Bright light therapy and/or early morning sun exposure has shown an increase in sleep quality • Discuss completing a sleep study with your doctor if there are concerns regarding sleep apnea • https://www.cdc.gov/sleep/about_sleep/sleep_hygiene • https://sleepeducation.org/healthy-sleep/healthy-sleephabits/ • https://www.apa.org/topics/sleep/disorders • https://www.apa.org/topics/sleep/why • National Sleep Foundation http://www.thensf.org • American Academy of Sleep Medicine http://www.aasmnet.org/ • American Insomnia Association http://www.americaninsomniaassociation.org/