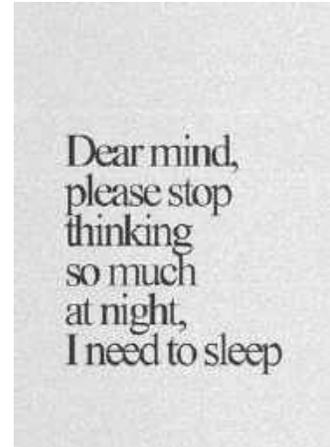


Sleep Recommendations

Rachel Allen, MD



1. Stick to a sleep schedule

- a. Go to bed at same time
- b. Wake up at same time
- c. Set an alarm for bedtime
-Sleeping later on weekends won't fully make up for lack of sleep during the week and will make it harder to wake up on Monday morning.

2. Exercise 30 min minimum/day and at least 3 hours BEFORE bed.

3. Avoid caffeine and nicotine

- a. Coffee, colas, certain teas, and chocolate contain the stimulant caffeine. Caffeine can take 8 HOURS to wear off!
- b. Nicotine is also a stimulant, causing one's sleep to be light and due to withdrawal throughout the night will often wake you up early in the morning when you need to sleep and get your most restful sleep

4. Avoid alcohol

- a. In addition to not letting you get into the deeper stages of sleep, alcohol can impair your breathing at night and wake you up when the effects of alcohol wear off in the middle of the night

5. Avoid large meals and beverages late at night

- a. This can cause indigestion, and too much fluids can cause frequent awakenings to urinate
- b. Also, a bowl of cereal before you go to bed can have almost the same effect as a drink of alcohol due to the sugar crash that exists afterwards

6. Avoid medicines that delay or disrupt your sleep

- a. Some blood pressure, heart medication, asthma medications, cough and cold remedies, and allergy medicines can disrupt your sleep. Talk to your pharmacist or physician

7. NO naps after 3pm

8. Perform relaxing activities before bed

- a. Don't overschedule your day so there is no time left for unwinding. Reading or listening to music should be a part of your bedtime ritual.

9. Take a hot bath before bed

- a. The drop in body temp after getting out of the hot bath can help make you sleepy and the bath help you relax and slow down.

10. Bedroom should be DARK, COOL, GADGET-FREE

- a. Nothing should be in your bedroom that will distract you from sleep (noises, bright lights, uncomfortable bed, uncomfortable pillow, warm temp)
- b. We sleep better with COOL temps
- c. NO tv, cell phone, or computer in the bedroom
- d. Turn the clock face away from you

11. Get daylight exposure

- a. Daylight helps regulate sleep patterns
- b. Get outside natural sunlight for at least 30 minutes/day.
- c. Wake up with the sun or use very bright lights in the morning
- d. Sleep experts recommend if you have problems falling asleep to get 1 hour of exposure to morning sunlight and turn down the lights before bedtime

12. Don't lie away in bed

- a. If you find yourself still awake after 20 minutes or getting anxious, get up and do something RELAXING until you feel sleepy (NO screen time).