

# Sleep

## Tips for a Good Night's Rest

Try the tips below to help you get a good night's sleep.

### During the Day

- Exercise regularly. A 20-minute walk during the day can help you relax. Do not exercise in the evening before bedtime.
- Limit naps if you can. If you must rest, limit your nap to 30 minutes or less.

### Before Bedtime

- Avoid alcohol, caffeine, chocolate and nicotine in the late afternoon and evening. Limit liquids in the evening before going to bed.
- Turn off the TV 1 hour before bedtime. Listen to quiet music or take a warm bath to relax before bed.
- If you are worried or anxious, or thoughts are keeping you awake, try these tips. Write down your thoughts or make a list of things you need to do. This will allow you to worry less about forgetting anything and will help you relax.

### At Bedtime

- Go to bed and get up at the same time every day. Keep this routine even on weekends.
- A light bedtime snack of warm milk, turkey or a banana may make you sleepy. Use your bedroom for sleep and intimacy only. Do not read, watch TV, or work in the bedroom.
- If you tend to watch the clock at night, turn the clock around.
- If you have a partner, both people should go to bed at the same time, if possible.

### Problems Falling Asleep or Waking up During the Night

- If you have not fallen asleep in 15 minutes, go to another room to relax.
- Listen to quiet music.
- Avoid things that provide mental stimulation such as watching TV or reading exciting books.
- Go back to bed when you feel sleepy. If you still cannot fall asleep, get up again and repeat these steps as necessary.

### Improving Sleep During Your Hospital Stay

- Try the same strategies as above as if you are at home.
- Bring familiar items from home to make you more comfortable.
- Talk with your nurse and doctor about clustering your care.

- Consider using an eye mask to avoid light and earplugs to block out noise during sleep.
- Maintain a daily routine and do physical activity to promote a better night's sleep.
- Take a 20 to 30 minute nap, if needed, during the day to improve alertness and increase mood.
- Try not to lie in bed all day. Get up and do activities throughout the day.

## **Apps for Sleep**

There are many types of apps available to help with sleep and relaxation. Do a search on your smart phone or tablet for new ideas to help improve your sleep quality.