

HEALTHY SLEEP HABITS: SLEEP HYGIENE

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OBJECTIVES

- What is sleep hygiene?
 - Habits that interfere with sleep (Dr. Zetoony's top 3)
 - Evaluation of sleep/habits
 - Where to start to change sleep habits
 - Improving sleep
 - Homework
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SLEEP HYGIENE

* habits and practices pertaining to sleep *

Wikipedia: Sleep hygiene is the controlling of "all behavioural and environmental factors that precede sleep and may interfere with sleep." It is the practice of following guidelines in an attempt to ensure more restful, effective sleep which can promote daytime alertness and help treat or avoid certain kinds of sleep disorders.

SLEEP HYGIENE

- Timing of sleep
 - Things done or completed before planned sleep
 - Anticipation of sleep
 - Thoughts prior to sleep
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SLEEP HYGIENE - THE GOOD AND THE BAD

Helps you sleep

Go to bed and get up at the same time every day

Don't watch TV before bed

Don't do the things below!

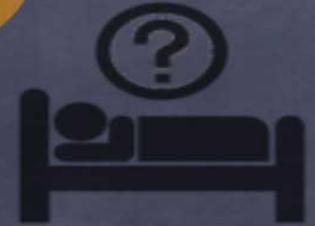
Stay hydrated

Doing relaxation exercises before bed

Spend time in the daylight

Read a book in bed

Have a light dinner, and not too late



Keeps you awake

Coffe and chocolates after dinner

Hot bedroom with no air circulation

Go to bed too early when you're not tired

Poor quality bedding

Stay indoors all day and do no exercise

Lie in bed for hours getting annoyed that you can't sleep

Worrying about things happening in the future

Using a computer just before bedtime

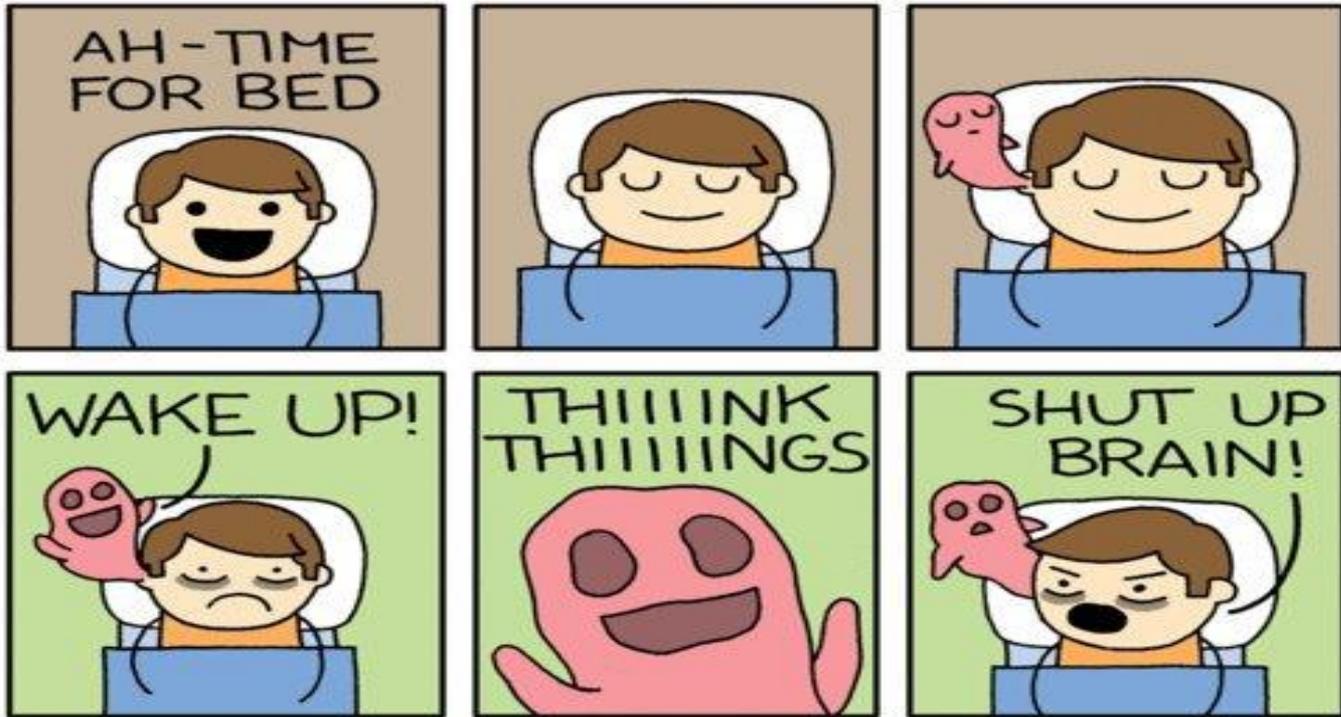
**TOP 3 PROBLEMS THAT I SEE IN
CLINICAL PRACTICE**



NUMBER 1: “I DON’T HAVE TIME TO SLEEP.”



NUMBER 2: "I CAN'T TURN MY MIND OFF WHEN I WANT TO GO TO SLEEP."



NUMBER 3: “I FALL ASLEEP BUT KEEP WAKING UP DURING THE NIGHT AND CAN’T FALL *BACK* ASLEEP.



**BETTER SLEEP HYGIENE -
STARTS HERE ...**

SLEEP HABITS

- **Keep a routine in your life**
 - Regular bedtime routine
 - Eat dinner/meal at set time, eating sitting down at home
 - Wake up at the same time everyday
 - **EVEN WHEN YOU DON'T HAVE TO**
 - Plan a routine specifically around sleep
 - What types of things to do ...
 - What times of things to **AVOID** doing ...
 - Wake up at the same time **EVERYDAY**
 - Actually much more important than bedtime

SLEEP HABITS

- Don't use electronics within 2 hours of bedtime
- Don't smoke
- Don't drink alcohol
- If having caffeine, do so at least 12 hours before planned bedtime

SLEEP HABITS

- **Make sure your sleep environment is acceptable to your sleep habits**
 - Noise versus no noise
 - Light versus no light
 - Fan versus no fan
 - Clothes versus no clothes
 - Bed-partner versus no bedpartner
 - Others ...



SLEEP HABITS

- **Your state of mind at bedtime**
 - What is on your mind?
 - What is not on your mind?
 - What have you done to prepare yourself for sleep?

MAKING CHANGES

What types of things can you do this week?

What types of life changes are you prepared to make to get better sleep?

What types of changes are you NOT willing to accept or make?

What are obstacles to your goal of better sleep?

Where to get help ...(HINT: you're sitting in a pretty good spot right now)

