

Sleep Hygiene



General Tips

- Analyze & manage secondary factors that may contribute to poor sleep
 - Side effects of cancer, treatment, medications, etc.
- If you can't fall asleep within 15-20 minutes, leave bedroom & engage in a relaxing activity
- Only use the bedroom for sleep & intimacy
- Regular exercise throughout the day can help you sleep better at night

Sleep Environment

- Bedroom should be comforting, calming, & safe
- Eliminate clutter- clean environment is beneficial
- Cool temperature (mid-high 60s)
- Dark- use black-out curtains or eye masks if needed; eliminate light sources in room
- Quiet- do you sleep better with silence or benefit from white noise?

Sleep Routine

- Try to maintain a regular circadian rhythm
 - Only sleep at night
 - Try to go to sleep & wake up at the same time
- Avoid sleeping in the daytime
- If a nap is needed...
 - Only sleep for 15-20min & only late morning or early afternoon
 - Try to exercise after awakening

Before Bed...

- Avoid caffeine, alcohol, & tobacco products at least 4 hours before
- Turn off the TV & smart phone at least an hour before
- Avoid emotional, stimulating, & important activities
 - i.e. paying bills, answering emails
- Engaging in a relaxing activity such as listening to music or reading

Safety Considerations

- Make sure you have adequate lighting along path from bed to bathroom
 - Add night lights- motion sensor or rope lighting
- Difficulty getting out of bed?
 - Use a half bed rail or bed cane
- Put items needed throughout night at bedside
- Eliminate clutter throughout bedroom to decrease risk of falls

References

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