



# Sierra Pulmonary & Sleep Institute

*“Comprehensive Compassionate Care”*

## Healthy Sleep

### **Sleep Hygiene:**

1. Most adults require 8 hours of sleep (independent of age).
2. Go to bed and awaken at the same time each day.
3. Avoid going to bed after midnight unless you work nights.
4. Avoid vigorous exercise shortly before going to bed.
5. Avoid late afternoon/evening naps and do not allow yourself to doze off while reading or watching TV prior to bedtime. Even brief episodes of sleep may interfere with subsequent sleep.
6. Avoid large meals, caffeine and smoking prior to sleep.
7. Avoid drinking large amounts of liquids after 6:00pm.
8. Warm baths (not showers) prior to bedtime can prove helpful for sleep.
9. A dark and quiet environment is recommended for restful sleep.
10. A fairly cool, rather than a warm bedroom is more conducive to quality sleep.
11. If you have allergies to dust, dust mites, and other common features of a typical bedroom, take steps to create a relatively allergen-free bedroom.
12. Naps are best taken in the early afternoon and restricted to less than one hour. Do not take naps if you have trouble with insomnia.
13. If possible, avoid medications that interfere with either sleep or alertness. This includes many over the counter remedies and herbal products. Discuss everything that you are taking with your doctor.
14. Use your bedroom for sleep and sex only.
15. Remove your watch before going to bed and do not look at the clock if you awaken during the night.

***For further information and suggestions about how to improve your sleep, please consult the following websites:***

1. [www.sleep-disorders.org](http://www.sleep-disorders.org)
2. [www.stanford.edu/~dement/apnea.html](http://www.stanford.edu/~dement/apnea.html)
3. [www.sleepnet.com](http://www.sleepnet.com)
4. [www.narcolepsy.com](http://www.narcolepsy.com)
5. [www.NationalJewish.org/diseases](http://www.NationalJewish.org/diseases)
6. [www.sleepsurgery.com](http://www.sleepsurgery.com)
7. [www.sleepapnea.org](http://www.sleepapnea.org)
8. [www.cloud9.net/~thorpy/](http://www.cloud9.net/~thorpy/)
9. [www.alt.support.sleep-disorder](http://www.alt.support.sleep-disorder)
10. [www.thesleepsite.com](http://www.thesleepsite.com)
11. [www.sleepfoundation.org](http://www.sleepfoundation.org)
12. [www.insomniacure.com](http://www.insomniacure.com)
13. [www.rls.org/](http://www.rls.org/)