

Sleep Hygiene Summary

Sleep hygiene is a term used to describe good sleep habits, that is, things you can do to give yourself the best chance of a good refreshing sleep. If you're having trouble sleeping, attention to some of these simple "Do's" and "Don'ts" may help.

Do	Don't
<ul style="list-style-type: none"> ✓ Go to bed at the same time each day. The body has a natural clock which will make you sleep when you're ready for bed. Try not to ignore this. Going to bed too early may also result in disturbed sleep. ✓ Get up from bed at the same time each day. If you can stick to a fairly regular waking and sleeping time, your body will become accustomed to it. However, this doesn't mean that you should be obsessive about it; an occasional night out or sleep in is not going to hurt. ✓ Get regular exercise each day. There is good evidence that regular exercise improves restful sleep. A regular walk before dinner or in the morning is ideal. ✓ Try to spend some daytime outdoors or in natural light. Light is important for the body to produce melatonin which is a sleep promoting substance produced by our bodies. Sunlight early in the day is particularly helpful for your body clock. ✓ Make the bedroom a restful place. This means keeping the temperature cool – not cold, keeping noises and outside light to a minimum and leaving distracting things such as ticking clocks, mobile phones and even TV outside the room. Keeping your bedroom uncluttered and decorated in soft neutral tones will also help achieve a restful feeling. ✓ Use your bed only as a bedroom. Some people use the bed as a lounge room, by knitting, studying, watching television, telephoning, etc. Try to avoid this and make sure that the bed is associated with sleeping. The brain makes connections between places and events and you need to reinforce these. ✓ Take medications as directed. Prescription medications may cause you to be alert or sleepy and the instructions should be followed carefully. Don't vary the time of day that you take your medication. ✓ Be comfortable and relaxed. If you have uncomfortable pillows, mattress or bedclothes fix or replace them. If you are cold in bed warm the room or wear pyjamas. Warm hands and feet are particularly important. A warm bath about an hour before bedtime causes the body's temperature to rise and then fall which may help promote relaxation and sleep. ✓ Understand your sleep needs. Most people need between seven and nine hours sleep each day. This includes naps and time spent dozing in front of television. Don't be unrealistic with your sleep expectations. 	<ul style="list-style-type: none"> ✗ Exercise just before going to bed. Exercise will stimulate the body and may make it difficult to fall asleep. ✗ Engage in stimulating activity just before bed. Playing a competitive game, watching an exciting program on television, playing computerized games or having an important discussion stimulates your mind and thought will overflow to the bedroom. Worrying about or planning the next day's activity may be a natural thing to do, but try to avoid it. ✗ Drink caffeine-containing drinks in the evening. Coffee, tea and other caffeinated drinks, including soft drinks, will stimulate you and make sleep difficult. A glass of warm milk is an old fashioned recipe that may work well. Make sure you go to the toilet before going to bed to reduce the need to wake and go during the night. ✗ Go to bed too hungry or too full. If you are in the habit of taking a light supper, you should keep doing this but don't eat too much. ✗ Nap in the evening before you go to bed. Try not to sleep in the evening as that is going to reduce your body's need to fall asleep. ✗ Stay in bed if you are awake. If you don't fall asleep in a reasonable time, perhaps 20-30 minutes, then get up and do something boring, but do this in another room. Try and keep the lighting fairly dim. When you are tired, go back to bed. This helps your mind associate the bed with sleeping. ✗ Share your bed with children or pets. Research has shown that parents sleeping with young children sleep less, and have more disturbed sleep. ✗ Look at the clock all the time. Clocks with bright numbers are a distraction and obsessing over time, will just make it more difficult to sleep. ✗ Smoke. Quitting smoking not only brings many health benefits to any smoker, it eliminates the stimulant effect of nicotine that contributes to sleep loss. ✗ Use alcohol to help you sleep. Alcohol may help you to get to sleep but it has a number of bad effects. It causes you to need more trips to the toilet, it causes you to wake up early, it causes fragmented sleep and it worsens snoring and sleep apnoea. ✗ Rely on sleeping tablets to help you sleep. Sleeping tablets have a role where there is some event or other circumstance that may temporarily cause you to have trouble falling asleep but they are a temporary fix only. Some tablets may cause you to be a bit sleepy in the daytime and when you stop taking them you may get a 'rebound' and find it harder to fall asleep.

Sleep apnoea pumps, masks and accessories

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- **Lilydale.** Lilydale Sleep Apnoea Centre. 283 Main Street. P: 9739 4174. E: lilydale@cpapnetwork.com.au
- **Cranbourne.** Cranbourne Sleep Apnoea Centre. 4/1 Bakewell Street. P: 5998 8998. E: cranbourne@cpapnetwork.com.au
- **Belgrave.** Belgrave Community Pharmacy. 1639 Burwood Highway. P: 9754 2001. E: belgrave@cpapnetwork.com.au
- **Boronia.** Melbourne Eastern Pharmacy. 157 Scoresby Road. P: 9839 3377. E: boronia@cpapnetwork.com.au
- **Noble Park.** South Eastern Private Hospital. 313 Princes Highway. P: 9546 7014. E: noblepark@cpapnetwork.com.au
- **Hawthorn East.** Hawthorn Sleep Apnoea Centre. G08/12 Cato Street. P: 9822 2588. E: hawthorn@cpapnetwork.com.au
- **Heidelberg.** Heidelberg Healthcare Pharmacy. 119 Burgundy Street. P: 9458 1244. E: heidelberg@cpapnetwork.com.au
- **Balwyn North.** Greythorn Amcal Pharmacy. 297-301 Doncaster Road. P: 9857 7363. E: balwyn@cpapnetwork.com.au
- **Mornington.** Mornington Sleep Apnoea Centre. Shop 3/193 Main Street. P: 5990 5888. E: mornington@cpapnetwork.com.au

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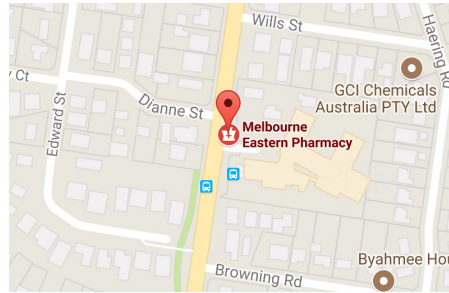
Lilydale

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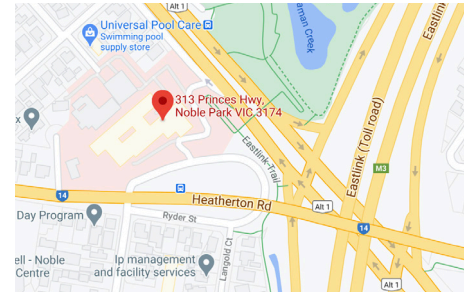
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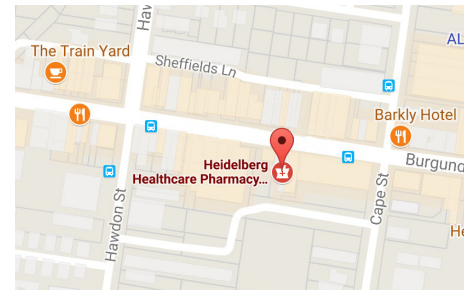
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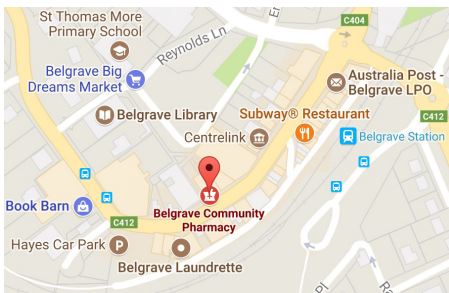
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