

Live Well, Sleep Well

Sleeping well is key to feeling good and staying healthy.

Why is sleeping well important to me?



Manage stress and depression



Maintain brain health



Be more productive



Drive safely



Avoid chronic illness



Maintain healthy weight

Proven ways to sleep better

Stick to a schedule

Set the same time of day (even on weekends) for:

- Getting up, going to bed
- Meals, medicines, exercise



Adults need 7 to 9 hours of sleep.
Kids and teens need 9 to 11 hours.

Build a natural sleep rhythm around your bed time

6 hours before bed

Avoid caffeine (coffee, soda, chocolate), alcohol.



3 hours before bed

Avoid heavy exercise. Exercise earlier in the day.



2 hours before bed

Avoid big meals. Eat well and drink water earlier in the day.

Avoid tobacco. Dim the lights.



1 hour before bed

Avoid screens. Eat a light snack if you're hungry.

Create a relaxing routine to quiet down.



Save your bedroom for sleeping

Your bedroom is just for sleeping

It should be:

- Quiet and dark
- Cool temperature, comfortable pillow and bed
- Free of pets



Use a different room for:

- TV and other screens
- Working



Be careful about sleep medicines

Ask your doctor before taking sleep medicines if you:

- Drink alcohol or use drugs
- Take prescriptions, especially pain medicine
- Are over 60
- Use heavy machinery
- Have sleep apnea, breathing problems, or glaucoma
- Have an enlarged prostate
- Are pregnant or nursing

Instead try: herbal teas, reading, music

Is napping okay?

It depends:

- If you sleep well, but just don't sleep enough **YES**
- If you have trouble getting to sleep at night **NO**

Talk with a doctor if:

- You snore loudly and have moments of not breathing during sleep
- Sleep problems get in the way of your daily life and last more than a month

You Can Learn to Sleep Well

To make new daily routines, you need to **experiment** to find what works best for you.

Pick something you want to do now.

I want to try:

Be honest with yourself about what you are really ready to work on.

You'll learn by what works for you by trying and creating your own formula. Follow the steps below.

1 Make a Plan. Planning out the details will help you succeed.

Pick a small step

Pick a small step toward your goal.

Connect this step to a prompt or reminder.

Prepare

What resources could help? *(Eye mask? Ear plugs?)*

Who will support you? *(Spouse? Family member?)*

What changes to your environment would help? *(Curtains? A fan? Remove pets from bed?)*

Think ahead

What might get in the way or make this harder?

What can you do when that happens?

What will inspire you to keep going?

2 Act and Track. Try out your step for a defined period.

Start date: _____ How will you keep track of what you do? *(An activity tracker?)*

Review date: _____ Who will you be accountable to? _____

3 Reflect and Adjust. You can learn from whatever happens. There's no failure if you keep learning. Adjust your plan and keep going.

How did it go, and what did you learn? _____

What will be your next small step? _____

Be sure to celebrate what you did and what you learned!

Keep trying and learning

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Live Well, Sleep Well

Sleep is important. Not getting enough of it can increase your risk of depression, chronic disease, and weight gain. For some people, getting to sleep and staying asleep is difficult. Others fall asleep easily, but just aren't getting to bed on time. The recommendations below can help you get the sleep you need.

Stick to a schedule throughout the day

Keeping a regular schedule throughout the day can help your body know when it's time to sleep.

- **Try to go to bed and wake up at the same time** each day — even on weekends and days off work.
- **Resist the urge to sleep in**, even if you didn't sleep well.
- **Keep a regular schedule** for meals, medications, and activities. Exercise at the same time each day, but don't exercise hard within 3 hours of going to bed.
- **If you have trouble sleeping**, try not to nap during the day. If you're really sleepy, take just one nap, and do it before 3 P.M. **If you sleep well, but just aren't sleeping enough**, naps can be helpful.
- **Create a bedtime routine** you can go through for about 30 minutes before going to bed. This might include quiet activities such as reading for a few minutes, listening to quiet music, or taking a bath.
- **Avoid screen time** (TV, computer, phone, electronic reader, etc.) for at least 1 hour before you go to bed.



Sleeping well can help you manage your mood, your weight, and your risk for chronic disease.

Watch what you eat and drink late in the day

What you consume in the afternoon and evening can affect your sleep.

- **Don't drink caffeine** (as in coffee or soda) within 6 hours of going to bed. Caffeine is a stimulant and can keep you awake.
- **Don't use nicotine** (as in cigarettes and other tobacco products) close to bedtime or during the night. Nicotine is also a stimulant.
- **Eat a light snack** before bed so you don't go to bed hungry. But don't eat a large meal just before bed.
- **Don't drink alcohol** within 6 hours of going to bed. (Never drink alcohol while taking sleeping pills or other medications.)
- **Don't drink too much of anything** late in the day. If you have to wake up to use the toilet you may have trouble falling back asleep.

A note about shift workers

If you work irregular shifts — nights, evenings, etc. — try these tactics to help you get enough sleep:

- Schedule at least 7 hours in bed, even if you don't sleep the entire time.
- Try sleeping at different times after your shifts to see what works best for you. Everyone is different.
- Protect your sleep — always sleep in your bedroom, keep your bedroom dark and quiet, and avoid large meals and alcohol before you sleep.
- If you take naps during your shift, sleep between 20 and 30 minutes and allow yourself time for drowsiness to wear off.

Make your bedroom a room for sleep

If you use your bedroom just for sleeping, your mind will start to associate your bedroom with sleep. So even when you're not thinking about it, being in bed should make you sleepy.

- Use your bedroom just for sleeping. Watch TV, read, and do your paperwork in another room.
- Don't fall asleep in a room other than your bedroom.
- Make sure your bedroom is quiet. Put telephones, noisy clocks, and the television in another room.
- Make sure your bedroom is dark. Get curtains that block outdoor light, and cover lighted clocks or other lights in the room.
- Make sure your room is a comfortable temperature. Keep it a little cool, but keep an extra blanket nearby if you need it.
- Make sure your bed and pillow are comfortable. You may want to try out different kinds of pillows.

If you can't get to sleep, get up

Don't lie in bed awake. Being frustrated can make it even harder to get back to sleep.

- If you can't get to sleep within 15 or so minutes, get out of bed. Go do a quiet activity in another room. If worries come to mind, write them down in a journal and close it until morning.
- Go back to bed only when you're sleepy. If you still can't sleep, leave your bedroom again until you're sleepy.

Be careful about taking over-the-counter sleep medications

Try to improve your sleep habits without taking medications. If you do try over-the-counter sleep medications, don't rely on them for long periods of time.

Do NOT take sleeping medications if you:

- Drink alcohol or use drugs that make you drowsy. They may cause harmful interactions.
- Are taking any prescription pain medications.
- Are elderly, or often need to get up in the night. You may be more likely to fall.
- Need to drive or operate heavy machinery within 6 hours of taking the medication. You may be more likely to have an accident. (If you're taking a sleeping medication for the first time, avoid these activities until you know how the medication affects you.)
- Have untreated sleep apnea. The medications may increase your breathing trouble.
- Have breathing problems, glaucoma, chronic bronchitis, an enlarged prostate gland, or are pregnant or nursing.

A doctor can offer more help

Consider talking with a doctor if:

- You snore loudly and have moments of not breathing during sleep.
- Your sleep problems are getting in the way of your daily living.
- Your sleep problems last more than a month.

You may have a recognized sleep disorder (such as sleep apnea) that requires medical attention.



Sleep Apnea Screening Questionnaire

The following questionnaire is a self-administered screening tool consisting of five simple yes or no questions that was developed by sleep expert, David P. White, M.D., Professor of Sleep Medicine at Harvard Medical School. This brief quiz helps determine the chances of having a sleep-related medical issue and whether further assessment may be warranted.

SLEEP-RELATED MEDICAL ISSUE		Point Score
Snoring		
1 Do you snore on most nights? More than 3 nights per week?	Yes	2
	No	0
2 Is your snoring loud? Can it be heard through a door or a wall?	Yes	2
	No	0
Sleep Noises		
3 Has it ever been reported to you that you stop breathing or gasp during sleep?	Never	0
	Occasionally	3
	Frequently	5
Collar Size		
4 What is your collar size?	Male: Less than 17 inches	0
	Male: More than 17 inches	5
	Female: Less than 16 inches	0
	Female: More than 16 inches	5
Daytime Sleepiness		
5 Do you occasionally fall asleep during the day when:	A) Busy or active	
	Yes	2
	No	0
	B) Driving or stopped at a light	
	Yes	2
	No	0
Hypertension		
6 Have you had or are you being treated for high blood pressure (hypertension)?	Yes	1
	No	0
		Total Score _____

Interpreting your responses

9 points or more: A high probability of a sleep apnea. Refer to sleep specialist or order sleep study.

6-8 points: Possible sleep apnea, use clinical judgment.

5 points or less: Low probability of sleep apnea.