



Sleep

Most people need 7 to 9 hours of sleep every night. If you are not getting this amount of sleep it can cause many problems, such as feeling lousy, tired, anxious and depressed. Talk to your doctor to find out what is

causing your sleep problems. Health problems can cause sleep problems and certain prescribed drugs, over-the-counter drugs and herbs can interfere with sleep, so be sure to tell your doctor of anything you are taking.

Tips to help you sleep:

- Don't get too **stirred up** before going to bed.
- Go to bed at the **same time** every night. If you nap during the day make sure that the nap is short and early enough that it doesn't interfere with your sleep at night.
- **Before you go to bed:** try reading a book before bedtime. Don't go to bed hungry, but make sure you don't have a big meal right before you go to bed. Some people take a bath before bedtime to relax them. Try to leave your worries for another time. If you can't fall asleep within 20 to 30 minutes, get up, move around and do something boring before going back to bed.
- Make sure that you **get enough exercise** during the day, but don't exercise too close to bedtime.
- **Stay away** from caffeine (coffee, soda, tea, chocolate) too close to bedtime. Smoking tobacco and drinking alcohol can also interfere with a good night's sleep. A room that is quiet, dark, and at a comfortable temperature – not too cold or hot – makes it easier to fall asleep. Keep your pet and TV out of the room. If your partner snores, try talking to your partner about how that is interfering with your sleep. There are many aids available to help stop snoring.

www.hevadvocate.org

