

DO NOT exercise heavily immediately before going to bed.

DO NOT use your time in bed to worry about problems. Expect to sleep, not stay awake, when you go to bed. Sleep is not something that you can accomplish by hard work. It should occur naturally if you allow it to occur.

DO NOT eat meals in bed or conduct business from bed. Associate your bed with sleeping.

DO NOT sleep with the television on at night. Although some persons feel as though they are unable to sleep without television, the noise and light will cause your sleep to be interrupted.



If you have questions about snoring, sleep apnea, or any other sleep disorder, feel free to contact the Sleep Center at Baylor Dallas at **214.820.3200**

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TIPS FOR BETTER SLEEP



SLEEP

Solutions

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[TIPS *for* BETTER SLEEP]

Disturbed nighttime sleep affects millions of people worldwide. Poor sleep at night can lead to daytime fatigue and sleepiness. These issues may result in poor work and school performance, difficulty performing ordinary daytime activities and decreased quality of life. Many of us have poor sleep habits or do not pay close attention to those factors that can worsen sleep at night.

If you have poor quality sleep at night or if you feel excessively sleepy during the day, these suggestions may improve your sleep so that you feel better during the day:

DO follow a regular sleep schedule. This is particularly important for shift workers who sleep during the day and work at night.



If you have persistent difficulty with your sleep, **DO** consult your physician for advice.

DO develop a positive attitude about sleep.

DO use a “white noise” such as a fan if this seems to improve your ability to sleep.

DO get out of bed and engage in some relaxing activity if you are unable to fall asleep within a reasonable period of time, usually half an hour. Make sure that you give yourself a chance to fall asleep before getting up.

DO use your bed only for sleep.

DO avoid naps during your waking hours, even if you miss sleep the previous night.

DO avoid drinking beverages containing caffeine- such as coffee, tea, or soda six hours before your scheduled bedtime.

DO make sure your sleeping environment is comfortable. This includes having a quiet room, a comfortable bedroom temperature, and a comfortable bed.

DO have a relaxing bedtime routine. This might include taking a shower, drinking a warm glass of milk, or reading a book.

DO engage in moderate exercise if possible earlier in the day.

DO try to relax your body when you go to bed. Practice deep, slow breathing or relax your muscles from head to toe.

DO NOT drink alcohol to help with sleep. A small glass of wine near bedtime may help you relax, but larger amounts will disturb sleep.

DO NOT significantly alter this schedule on weekends or days off.

