FACT SHEET FOR PATIENTS AND FAMILIES

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



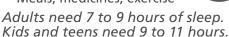
Maintain healthy weight

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



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



Is napping okay?

It depends:

- If you sleep well, but just don't sleep enough
- If you have trouble getting to sleep at night



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

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	I want to try:	Be honest with yourself about what you are
do now.		really ready to work on.

You'll learn by what wo	orks for you by trying and creati Follow the steps below.	ng your own formula.	
1 Make a Plan. Plannin	g out the details will help you su	icceed.	
Pick a small step	Prepare	Think ahead	
Pick a small step toward your goal.	What resources could help? (Eye mask? Ear plugs?)	What might get in the way or make this harder?	
	Who will support you? (Spouse? Family member?)	What can you do when that happens?	
Connect this step to a prompt or reminder.	What changes to your environment would help? (Curtains? A fan? Remove pets from bed?)	What will inspire you to keep going?	
2 Act and Track. Try ou	nt your step for a defined period.		
	How will you keep track of what you do? (An activity tracker?) Who will you be accountable to?		
	. You can learn from whatever ha your plan and keep going.	appens. There's no failure if	
How did it go, and what di	d you learn?		
• What will be your next sma	ll step?		

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

