

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

## WHAT YOU CAN DO TO ENSURE A GOOD NIGHT'S SLEEP

An estimated 50-70 million US adults have sleep or wakefulness disorders. Chances are you have experienced your share of sleepless nights, too. Do not lie awake staring at the ceiling. Take control over the amount and quality of sleep you can enjoy. The first step is to learn about your current sleep patterns. Then, identify what factors contribute to healthy sleep and what factors are getting in the way of your good night's rest.



### TALK WITH YOUR DOCTOR ABOUT SLEEP APNEA

If you feel very sleepy or exhausted, despite apparently sound sleep, you may have **sleep apnea** - the temporary and repeated cessation of breathing, often accompanied by loud snoring.

**Sleep apnea** can result in physical and mental fatigue, irritability, headaches, cardiovascular risks – and even death.

#### Self care starters for sleep apnea:

- ✓ Talk with your doctor to determine if you have sleep apnea
- ✓ Lose excess weight
- ✓ Avoid alcohol and tranquilizers
- ✓ Avoid sleeping on your back
- ✓ If you smoke, quit

Take the American Sleep Apnea Association's "Know Your Snore Score" sleep apnea risk assessment at [sleepapnea.org](http://sleepapnea.org)

### EVALUATE YOUR SLEEP PATTERNS

- |                              |                             |  |
|------------------------------|-----------------------------|--|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | I have trouble falling asleep                                  |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | I have too much on my mind to fall asleep or go back to sleep  |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | I need more than 30 minutes to fall asleep                     |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | I cannot go back to sleep when I wake during my normal bedtime |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | I have uncontrolled episodes of falling asleep during the day  |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | I awaken frequently during sleep time                          |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | I wake up too early  |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | I feel tired upon waking, despite apparently normal sleep      |

**DO YOU EXPERIENCE TWO OR MORE OF THESE SITUATIONS ON A REGULAR BASIS?**

*You may have developed a problematic sleep pattern that could be interfering with your health and safety.*

### Coach's Quick Take

#### ARE YOU GETTING ENOUGH SLEEP?

The National Sleep Foundation says adults need an average of **seven to eight hours** of sleep daily.

If you usually wake up refreshed and alert, you are probably receiving enough sleep.

If you routinely feel tired, depressed and/or irritable, or you struggle to concentrate, you may need more hours.

**See your doctor for a thorough assessment.**

HEALTHY SLEEP

## PRACTICE GOOD SLEEP HABITS

- Avoid caffeine within four to six hours of bedtime
- Avoid nicotine close to bedtime or during the night
- If unable to fall asleep within 15-20 minutes, leave the bedroom and do a non-stimulating activity
- Reduce use of alcohol especially within two hours of bedtime
- Avoid large meals before bedtime. If you are hungry, choose a small snack of healthy carbohydrates and protein. See snack ideas below
- Exercise, but avoid within two hours of bedtime
- Minimize light, noise, and temperature extremes in the bedroom
- Go to bed only when you are sleepy and get up at the same time every day

## FEELING HUNGRY BEFORE BED?



### TRY ONE OF THESE HEALTHY SNACKS

- Whole grain cereal with skim milk
- 1 slice whole wheat toast, 1 tbsp. peanut butter, 1/2 banana
- 1/2 whole wheat English muffin, 1 slice of tomato, 1 slice of turkey
- 6 oz. cup of low-fat yogurt

### RESOURCES

[www.sleepfoundation.org](http://www.sleepfoundation.org)

American Sleep Apnea Association

[www.webmd.com](http://www.webmd.com)

[www.hhs.gov](http://www.hhs.gov)

For More Information visit  
[www.WellnessCoachesUSA.com](http://www.WellnessCoachesUSA.com)

## SEEK PROFESSIONAL HELP FOR CONTINUED SLEEP PROBLEMS

## CAN A SLEEP JOURNAL REALLY HELP?

Absolutely! Just as a dietician needs to examine your diet in order to make helpful changes, you need to know what may be causing your sleep problems.

Common causes of sleep disorders:

- psychological issues such as stress, worry, or depression
- medical conditions that cause discomfort can also affect sleep, such as arthritis, allergies, heartburn, or hot flashes
- diet
- exercise
- a poor sleep routine
- the quality of the sleep environment

**Keep a sleep journal for two to three weeks to learn more about what factors may be affecting your sleep.**

### SLEEP JOURNAL



1. What time did you get into bed?
2. How much time did it take to fall asleep?
3. How long did you sleep?
4. Rate how you felt upon rising.  
1      2      3      4      5
5. Rate your quality of sleep. (on a scale of 0-5, 5 being excellent).  
1      2      3      4      5
6. Rate your mood or feelings prior to retiring.  
1      2      3      4      5
7. Rate your level of stress upon retiring.  
1      2      3      4      5
8. Describe the aches and pains you felt before retiring or while sleeping.
9. Rate the degree that your aches and pains disrupted your sleep.  
1      2      3      4      5
10. Rate the quality of your sleep environment. Consider the temperature, room darkness, distractions, and disturbances, such as TV, phones, noises, partners, or pets.  
1      2      3      4      5
11. Rate your sleep routine. Consider if you practice a relaxing ritual, your diet, alcohol, bedtime and rising time, etc.  
1      2      3      4      5
12. List your activities prior to getting into bed.