

Improving Sleep Habits

Environmental Modifications

- Temperature
 - Bedrooms should be cool but not cold. Ensure adequate bedding/blankets to maintain temperature
- Noise
 - Noise should be kept to a minimum for ideal sleep. White noise (ex: from a fan) is helpful for some people to fall asleep. Earplugs should be used as necessary.
- Lighting
 - Warm (yellow-toned), dim lighting in the bedroom will support the body's sleep-wake cycle. Blackout curtains and eye masks may also help in ensuring darkness during sleep. Motion sensor night lights in warm hues should be used in case of bathroom trips at night, to minimize disruption to sleep. Cell Phone settings can be adjusted for warm tones, but all technology should not be used within an hour of going to sleep if possible.
 - Information about light appearance (warm or cool light) is available on boxes where light bulbs are stored



Lighting Facts Per Bulb	
Brightness	1070 lumens
Estimated Yearly Energy Cost	\$7.23
Based on 3 hrs/day, 11¢/kWh Cost depends on rates and use	
Life	1.8 years
Based on 3 hrs/day	
Light Appearance	
Warm 2900 KCool	
Energy Used	60 watts

Mindfulness and Relaxation

- Various mindfulness techniques can be helpful in falling asleep and staying asleep including meditation, relaxing music, breathing techniques, yoga and aromatherapy.
 - Body Scanning Meditations
 - 5 Senses Grounding
 - 4-4-7 Breathing



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Staying Active

- Keeping busy during the day and participating in cognitively, physically and socially stimulating activities can aid sleep. These can include finding hobbies you enjoy, participating in exercise, spending time with others and engaging in mentally stimulating activities.

Sensory Based Strategies

- Sensory based activities provide the body with calming input to help the body prepare for sleep. Individuals have unique sensory preferences and it is important that you monitor your alertness with various sensory inputs.
 - Proprioceptive and deep pressure input: self massage, weighted blanket
 - Auditory input: white noise
 - Vestibular input: rocking or swinging in linear motions (use of porch swing, rocking chair, hammock)
 - Visual input: dim lights, warm toned lights



Developing a Sleep Routine

- It is important to consistently go to sleep at the same time each night and wake up at the same time each morning. A sleep routine can help cue the body that it is time to go to sleep.
- A sleep routine can involve taking care of any environmental requirements (locking doors, shutting off appliances/lights, adjusting temperatures), engaging in calming activities (warm bath, reading, drinking non-caffeinated tea, listening to relaxing music, art), spiritual or religious routines, and self-relaxation techniques like deep breathing and meditation.



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Positioning and Ergonomics

- Pillows should be positioned in supportive manners so that after a night of sleep you don't wake up stiff or uncomfortable
- To account for and minimize pain during sleep consider using:
 - mattresses/mattress toppers that conform to the body and cushy bony prominences and pain areas
 - adjustable beds to raise/lower the trunk and lower extremities
 - pillows for positioning
- During sleep, the head and neck should remain in neutral aligned position and rotation of joints should be avoided
- To minimize lower back pain, pillows can be placed beneath knees while lying on back
- To minimize lower back pain while lying on side, pillows can be placed between the knees and next to chest with one arm resting on pillow



Medical Management

Working with your medical care team is essential to helping alleviate sleep issues. Consult your medical team if you are having trouble sleeping in addition to implementing some of these interventions discussed today.