

Sleep Hygiene

... the controlling of "all behavioral and environmental factors that precede sleep and may interfere with sleep"



[1] It is the practice of following guidelines in an attempt to ensure more restful, effective sleep which can promote daytime alertness and help treat

or avoid[citation needed] certain kinds of sleep disorders. Trouble sleeping and daytime sleepiness can be indications of poor sleep hygiene. **The International Classification of Sleep Disorders-Revised** (ICSD-R) states on page 74:

"The importance of assessing the contribution of inadequate sleep hygiene in maintaining a preexisting sleep disturbance cannot be overemphasized."[2]*

Poor sleep habits (referred to as hygiene) are among the most common problems encountered in our society. We stay up too late and get up too early. We interrupt our sleep with drugs, chemicals and work, and we overstimulate ourselves with late-night activities such as television.



*The International Classification of Sleep Disorders, Revised, Diagnostic and Coding Manual, American Academy of Sleep Medicine, 2001

Good Sleep Habits



HELP YOU Wake Up Refreshed

personal habits

- fixed bedtime and wake time
- avoid napping
- avoid alcohol before bedtime
- avoid caffeine before bedtime
- avoid sugar before bedtime
- exercise regularly but not before bed

sleep environment

- comfortable bedding and temperature
- block noise
- use bed for sleep and sex only

get ready for sleep

- relax
- don't take worries to bed
- establish a ritual
- establish a sleep position



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866-496-1160 or
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on oral appliances for your patients
who snore and/or may have
obstructive sleep apnea.