Sleep Disorders

If you spend enough time in bed and still wake up feeling tired or feel very sleepy during the day, it may be due to a sleep disorder.

**Signs of a Sleep Disorder May Include:**

- Waking up many times in the middle of the night and having trouble falling back to sleep.
- Feeling sleepy throughout the day, taking many naps, or falling asleep at inconvenient times.
- Making choking sounds, gasping, or snoring loudly during sleep.
- Having tingling or crawling feelings in your legs and arms when trying to sleep that can only be relieved by moving or touching the area.

Talk to your health care provider if you have any of these symptoms. Sleep disorders can be treated.

Resources

**Websites with Helpful Information:**

- Centers for Disease Control and Prevention  
  [www.cdc.gov/sleep](http://www.cdc.gov/sleep)
- National Sleep Foundation  
  [www.sleepfoundation.org](http://www.sleepfoundation.org)
- Web MD  
  [www.webmd.com/sleep-disorders](http://www.webmd.com/sleep-disorders)

**Sleep Apps:**

- Sleep Cycle Alarm Clock  
  [www.sleepcycle.com](http://www.sleepcycle.com)
- Nature Sounds Relax & Sleep  
- Relax & Rest Guided Meditations  
- SleepBot  
  [https://mysleepbot.com/](https://mysleepbot.com/)

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Get a Better Night’s Sleep by Improving Your Sleep Hygiene

Small Changes Can Improve Both Sleep and Health

September 2018
Importance of Healthy Sleep

Sleep is essential to have energy, stay healthy and function at your best. The quantity and quality of your sleep is important.

### Amount of Sleep Needed:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Hours per Night</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults</td>
<td>7-8 hours</td>
</tr>
<tr>
<td>School-aged children and teens</td>
<td>At least 10</td>
</tr>
<tr>
<td>Preschool-aged children</td>
<td>11-12 hours</td>
</tr>
<tr>
<td>Newborns</td>
<td>16-18 hours</td>
</tr>
</tbody>
</table>

Note: Too much sleep may increase depression.

### Benefits of Healthier Sleep:

- Sleep helps you react quickly, think clearly, and produce memories.
- Healthier sleep has been found to improve blood pressure, cholesterol and triglyceride levels, and reduce risk of cardiovascular disease.
- Adequate sleep helps fight infection.

### Consequences of Poor Sleep:

- Lack of sleep may lead to poor choices, irritability, weight gain, and the development of diabetes.
- Chronic lack of sleep may worsen psychiatric and substance abuse symptoms.

Get a healthy night’s sleep. Sleep hygiene helps you react quickly, think clearly, and produce memories. Healthier sleep has been found to improve blood pressure, cholesterol and triglyceride levels, and reduce risk of cardiovascular disease. Adequate sleep helps fight infection.

### At Night

- Follow a consistent bedtime routine each night and try not to vary it by more than 1 hour.
- Develop a relaxing bedtime routine.
- Make sure your bedroom is dark enough, quiet enough, cool enough and comfortable enough to allow you to sleep.
- Avoid using your bed for activities other than sleep and sex.
- Go to bed when you are drowsy and ready for sleep.
- Avoid thinking about problems and how to solve them when lying in bed. You will be more productive when awake and well rested.
- If unable to fall asleep after 20 minutes, get out of bed and read or watch TV, but avoid anything that is too stimulating. When drowsy, return to bed.

### Caution with Medication:

- Some prescription medications may have side effects of sweating, nausea or needing to go to the bathroom which can interrupt sleep.
- If you feel that your prescription medications are interfering with your sleep, talk to your health care provider.