

## 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  
<https://play.google.com/store/apps/details?id=com.desenvemax.naturesoundsrelaxandsleep&hl=en>
- Relax & Rest Guided Meditations  
<https://itunes.apple.com/us/app/relax-rest-guided-meditations/id354176883?mt=8>
- SleepBot  
<https://mysleepbot.com/>

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<http://www.clipshrine.com/exclamation-mark-alert-in-a-glossy-and-shiny-circle-17291-cv-a.html>  
<http://sixbranchesacupuncture.com/>  
<http://regardingnannies.com/tag/nannypreneurs/>

UMass Psychiatry Wellness Initiative

## Get a Better Night's Sleep by Improving Your Sleep Hygiene



Small Changes Can Improve Both Sleep and Health

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## 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:

Adults	7-8 hours each night
School-aged children and teens	At least 10 hours each night
Preschool-aged children	11-12 hours a day
Newborns	16-18 hours a day

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.

## Good Sleep Hygiene

Sleep hygiene refers to the patterns and behaviors that you engage in to get a healthy night's sleep.

### Tips for Good Sleep Hygiene:

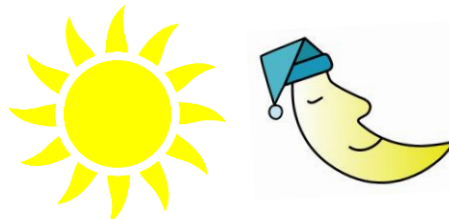
#### In the Morning

- When you wake up, get out of bed and get some sunlight.
- Try not to oversleep.
- Wake up at the same time every day.



#### During the Day

- Exercise regularly, and finish a few hours before bedtime.
- Try to avoid naps if possible, and don't nap after 3 p.m.
- Avoid caffeine 6 hours before sleep.
- Try to finish eating and avoid a lot of fluids 2-3 hours before your bedtime.
- Avoid nicotine, as it is a stimulant.
- Avoid alcoholic drinks before bed.



## Good Sleep Hygiene

#### 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.