

## Difficulty Sleeping? Read more...

Sleep is one of the most important components of both emotional and physical well-being. Without sufficient sleep we place ourselves at increased risk for a number of dangerous consequences ranging from obesity to automobile accidents. Fortunately by following some simple guidelines commonly referred to as “sleep hygiene” many of us can make significant strides towards more restful slumber.

Follow these important guidelines:

- use your bed only for sleep and sex
- make sure your room is dark, cool and quiet
- turn off all electronic devices
- avoid sleeping with disruptive animals
- consider wearing earplugs if your partner snores
- avoid heavy exercise right before bed
- take medications at the same time every day
- wake up and go to bed at the same time everyday including weekends and holidays
- avoid taking naps during the day

If you require a bit more support, try using the sleep journal provided below:

# Sleep Log

<b>Day of the Week</b>							
<b>Calendar Date</b>							
1. Yesterday I napped from _____ to _____ (note time of all naps).							
2. Last night I took _____ mg of (include all prescription medications and over the counter sleep aids).							
3. Last night I smoked _____ cigarettes at _____ time.							
4. Last night I consumed _____ oz of alcohol at _____ time.							
5. The last thing I ate last night was _____ at _____ time.							
6. Last night I got in my bed at _____ (AM or PM?).							
7. Last night I turned off the lights and attempted to fall asleep at _____ (AM or PM?).							
8. After turning off the lights it took me about _____ minutes to fall asleep.							
9. I woke from sleep _____ times. (Do not count your final awakening here.)							
10. My awakenings lasted _____ minutes. (List each awakening separately.)							
11. Today I woke up at _____ (AM or PM?) (NOTE: This is your final awakening.)							
12. Today I got out of bed for the day at _____ (AM or PM?)							
13. I exercised _____ min at _____ time yesterday.							
14. The following additional factors interfered with my sleep last night (e.g. noise, temperature, pets, partner)							
15. I would rate the quality of last night's sleep as: Very Poor                  Fair                  Excellent 1   2   3   4   5   6   7   8   9   10							

16. How well rested did you feel upon arising today?																
Not at All			Somewhat				Well Rested									
1	2	3	4	5	6	7	8	9	10							

Finally, if sleep remains a concern, you may be a candidate for a more extensive workup that may include a sleep study and an evaluation by a psychologist and/or a physician. Recommendations may range from using a device to aid your breathing such as a CPAP machine in the case of sleep apnea, cognitive behavioral therapy in the event of psychological triggers or even medication.