

# sleep

# guide



1. Curtail time in bed-Do not use the bed to watch TV or read.
2. Never force trying to sleep-if you cannot sleep-get out of bed and return only when you are tired and ready to sleep.
3. Eliminate the bedroom clock.
4. Exercise in the late afternoon or early evening, not immediately before bed. The former will increase the depth and duration of sleep; the latter will stimulate the mind and prolong sleep latency.
5. Avoid caffeine, alcohol, and nicotine in the evening. Caffeine is also present in analgesics such as Tylenol with Codeine, Excedrin, Fioricet with Codeine, and Darvon. Alcohol suppresses REM sleep and can disrupt the sleep cycle. Nicotine can lead to insomnia.
6. Room Temperature-A specific temperature does not matter, rather, your perception of comfort is what matters.
7. Consistent Bedtime-If you alter your bedtime, it is harder to obtain normal sleep.
8. Eat a light meal before bed.
9. Sound-proof the bedroom.
10. Soak in a hot bath before retiring.
11. Limit oral fluid intake within 4 hours of bed; void before bed.
12. Melatonin can promote sleep onset. The usual dose is 0.3mg. Alternative medicine practitioners are prescribing doses of 3 mg, 10 times the peer-reviewed dose. The effects of this large dose have not been well studied.

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