

Sleeping Better 101



*An easy guide of do's
and don'ts for healthy
sleep*

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5 Tips for Restful Sleep

#1. Regular Routine

Go to bed at a set time and wake up at a set time each night.



#2. Exercise regularly

Avoid strenuous exercise within 3 hours of bedtime.

#3. Limit screen time

Put your phone away an hour before bedtime. Turn off your TV, tablet, and computer.



#4. Make yourself comfortable

Keep your bedroom dark and cool. Have extra pillows and/or soothing smells.

#5. Set aside a worry time

Write down issues that are bothering you, at least 2 hours before bedtime.



6 Habits to Avoid for Better Sleep

1. Daytime naps

Napping during the day reduces your sleep drive at night



2. Caffeine Consumption

Avoid coffee, tea, soda, energy drinks after 2 pm



3. Screens & Electronics

Laptops, tablets, phones, etc. keep your brain alert. Turn them off 1 hour before bedtime



4. Heavy Meals

Avoid eating a large meal within 3 hours of sleep. Eat a light snack. Don't go to bed hungry!



5. Tobacco & Alcohol

Avoid tobacco & alcohol within 2 hours of bedtime



What if I still can't fall asleep ?



Make the bed a sleep-only zone.

1

Use the bed for sleep and sex only. You don't want your brain to associate being in bed with being awake.

Get out of bed

2

If you don't fall asleep within 20-30 minutes, get out of bed. Use the time to do something relaxing or something boring!

Trick your brain

3

Focusing on falling asleep will keep you awake and make you anxious about the sleep you're not getting. Instead, try focusing on forcing yourself to stay awake until morning.

Relaxation techniques

4

Deep breathing and guided imagery can help. So can reading, listening to relaxing music, and taking a warm shower.

Write a to-do list for the next day

5

This will remind you that things can wait until the next day.

Does getting older affect sleep?

Yes, aging is associated with changes in sleep patterns.

- It can be harder to fall asleep as we age
- Older adults find that they wake up earlier than usual in the morning
- There is less time is spent in deep, dreamless sleep (N3) - which is the restorative type of sleep
- There might be more night-time awakenings due to concurrent issues like pain or urinary frequency



Having said that:

Total sleep time should stay the same or is only slightly decreased (6.5 to 7 hours per night).

Common Causes of Poor Sleep

Many behavioral, environmental, and clinical factors impact healthy sleep.

Here are some examples:

Behavioral

poor sleep habits & sleep anxiety

Worrying about sleep makes falling asleep harder !

Environmental

Noises, bright light, cold & hot temperature

Drug use

All recreational and illicit substances can impact sleep negatively.

- alcohol
- weed
- benzodiazepines
- cocaine
- methamphetamines
- opioids



Psychiatric

Depression, anxiety, bipolar & psychotic disorders

Medical

Conditions that cause trouble breathing at night:

- sleep apnea
- heart failure
- COPD

Conditions that make you get up to urinate:

- prostatic enlargement
- diabetes
- pregnancy

Endocrine conditions & hormonal changes

- diabetes
- thyroid disturbances
- peri-menopause

Neurological conditions

Chronic pain

Steroid medications

Adequate management of these conditions can improve sleep

