

Dr. Roane's Sleep Tips and Sleep Loss Facts & Dangers

Dr. Roane's

SLEEP TIPS

Improve your sleep. Improve your health.



POWER DOWN

Set an alarm on your phone to remind you to power down **30 minutes before** bedtime. Then follow a **bedtime routine** consisting of 4-5 activities to prep for bed and ends with a low-key activity (not more electronics) that you do before climbing into bed.



SAME BAT-TIME SAME BAT-PLACE

Be consistent. Keep a fixed **waketime** each morning (even on weekends). This keeps your internal clock on schedule. Keep a fixed sleep location. This helps you prepare for sleep at night.



SLEEP ONLY

The only action your bed should be seeing is sleep. Move all electronics and other activities out of the **bedroom**.



FIND YOUR GOLDI LOCKS

Not too little, not too much. Just right. **Adults** (older adults too) require 7-9 hours of sleep, most about 8.5 hours each night. **Children** (11-15 hours) and **teens** (9-11 hours) require more.



FAN IT UP

Box fans (and other non-ceiling fans) are great for **white noise**. Medium or high works best to reduce noise disruption from both inside and outside the home. To reduce unwanted chilly air, set it on the floor and point it away from the sleeper.



BRIGHT LIGHTS

Bright light first thing in the morning helps you wake-up, but it will keep you up at night. Use **dim lights** in the late afternoon and evening (no overhead lights).



MAKE A.M. PLANS

Plan a **fun activity** for first thing in the morning to help yourself get up.



FOODS 4 SLEEP

Foods to promote sleep include are rich in **calcium** (melatonin), **magnesium** (restless legs), and **potassium** (deep sleep). Avoid caffeine, alcohol, high fat and sugar.



EXERCISE 4 SLEEP

Exercise is a great way to promote sleepiness at bedtime, just not too close to bedtime for most people.



IF YOU CAN'T SLEEP GET OUT OF BED

If you cannot fall asleep (or back to sleep) in **15-20 minutes**, get out of bed and do a low-key (non-electronic activity). When sleepy, return to bed. Rinse and repeat until you fall asleep.

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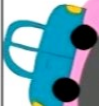
Think you might have a sleep disorder?
Locate a Behavioral Sleep Medicine Specialist at <http://www.absm.org/bmspecialists.aspx>
Locate an American Academy of Sleep Medicine accredited sleep center near you at <http://www.sleepeducation.org/find-a-facility>

For more information on sleep health, visit these sites:
<https://www.cdc.gov/sleep/index.html> <https://www.nhlbi.nih.gov/health-topics>
<https://sleepfoundation.org/sleep-disorders-problems>


Sleep Loss

Facts & Dangers

Improve your sleep. Improve your health.




20% increase in **driving accidents**




80% of the roughly one million crashes results in **injury**



7.4 times reduction in **balance stability**



23% experience **difficulties concentrating**



45% increased risk of **heart attack**



15% decrease in **testosterone**



30% higher risk of **obesity**

2.5 times increase in risk of **diabetes**

doubles **suicide risk**

sleep apnea increases risk of **depression** by 5 times

insomnia increases risk of depression by 10 times and anxiety by 17 times

most common sleep disorders

- insomnia
- sleep apnea

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For more information on sleep health, visit these sites:
<https://www.cdc.gov/sleep/index.html> <https://www.nhlbi.nih.gov/health-topics>
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