

# TIPS FOR INCREASING RESTFUL SLEEP

Choose several of the sleep tips below that you want to begin incorporating in your daily life. Track these new habits on the worksheet on the last page.



## IMPROVING YOUR SLEEP WITH BEHAVIOR CHANGE

Getting restful sleep can make you feel energized, more active, more social, and reduce your cravings for unhealthy foods. Any of those improvements can help reduce your pain. Below is more detailed information on each tip from the first page. Go through the ones that you chose from the first page and track these behaviors on the worksheet on the next page.

### IN-DEPTH EXPLANATIONS FOR EACH SLEEP TIP

#### HABITS

- › **Create a nighttime routine** - Routines should start 30-60 minutes before your bedtime. Examples include taking a warm shower, meditating, reading, and stretching.
- › **Stick to a schedule** - Go to sleep and wake up at the same time every day.
- › **Skip naps if possible** - Naps can interfere with your sleep at night. If you need to nap, limit it to 30 minutes a day.
- › **Do something physical** - Strive to be physically active for at least 10-20 minutes each day, but limit heavy physical activity in the 3 hours before bedtime.
- › **Limit caffeine, nicotine, and alcohol** - These can affect how deep you sleep, so if you want to consume them, do so earlier than 6 hours before bedtime.
- › **Cut back on rich, fried, spicy, or citrusy foods** - They can upset your stomach and make sleep difficult. Avoid them in the 4 hours before bedtime.

#### ENVIRONMENT

- › **Turn off bright lights** - Dim lights before bedtime and turn lights off completely during sleep.
- › **Shut off electronics and television screens** - Electronics and television screens can throw off your sleep cycle. Turn them off 30-60 minutes before bedtime.
- › **Keep your room cool** - The best temperature for sleep is between 60-67 degrees.
- › **Reduce noise** - Random noises can wake you up during the night, but white noise—like a fan—can help block out unwanted noises.
- › **Get comfortable** - Firm foam body pillows can be used to support your back, hips, and knees.

#### STRESS

- › **Reduce stress** - Spending time with family and friends and doing things you enjoy in the evenings can put you in a relaxed mood.
- › **Try not to watch the clock** - Turn your alarm clock away from the bed or use the alarm on your phone instead. Make sure the screen of the phone isn't on all night.
- › **Avoid watching news and social media** - They may stress you or overexcite you and make falling asleep difficult. Avoid them in the hour before bedtime.
- › **Deal with racing thoughts** - Get your mind off your racing thoughts by getting out of bed and doing a relaxing and distracting activity in a quiet and softly-lit room until you are sleepy.

To learn more about the connection between persistent pain and sleep, explore the following resources:

**National Sleep Foundation** - <https://sleepfoundation.org/sleep-disorders-problems/pain-and-sleep>

**American Sleep Association** - <https://www.sleepassociation.org/about-sleep/>

**SPINE-health** - <https://www.spine-health.com/wellness/sleep/practicing-good-sleep-hygiene>

# SLEEP HYGIENE TRACKER

WEEK OF _____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>FILL IN THE BOXES BELOW WITH THE SLEEP BEHAVIORS YOU ARE INTERESTED IN TRACKING.</b>							
<b>FILL OUT THIS SECTION BEFORE BED: MARK AN "X" IN A BOX IF YOU WERE ABLE TO ACHIEVE THAT BEHAVIOR FOR THE DAY.</b>							
<b>FILL OUT IN THE MORNING AND THINK ABOUT LAST NIGHT: ANSWER THE FOLLOWING QUESTIONS TO TRACK CHANGES TO YOUR SLEEP EACH DAY.</b>							
How many hours of sleep did you get last night?							
How rested do you feel this morning? 1= tired, 2 = in-between rested and tired, 3 = rested.							

Inspired by The National Sleep Foundation's sleep diary found at [sleepfoundation.org](http://sleepfoundation.org).

