

**Sleep Hygiene**

To improve sleep disturbance

# What is Sleep Hygiene?

**Sleep Hygiene** is any behavior to help promote good sleep. We all have our tricks for falling asleep, but there is current literature supporting following Sleep Hygiene Practices to ensure a restful night that reduces sleep disturbances and sleep fragmentation.

# Sleep Hygiene Practices1

### Go to bed at the same time (+/- 20 minutes) every night

* Avoid naps during the day by staying engaged throughout daylight hours
* Decrease “screen” time (phones/TV in bed
* Avoid caffeinated drinks after noon
* This can help with urine incontinence too
* Create a quiet, comfortable bedroom
* Cooler temperature
* Clean bed sheets often
* Keep room clean to decrease stress

1. Sleep Hygiene Tips - Research & Treatments | American Sleep Assoc. Available at: https://www.sleepassociation.org/about-sleep/sleep-hygiene-tips/. Accessed March 12, 2018.
2. McCurry SM, Gibbons LE, Logsdon RG, Vitiello M, Teri L. Training caregivers to change the sleep hygiene practices of patients with dementia: the NITE-AD project. *J. Am. Geriatr. Soc.* 2003;51(10):1455-1460. doi:10.1046/j.1532-5415.2003.51466.x.

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| |  | | --- | | Practices for Caregivers2  * Keep sleep diary to generate consistent sleep schedule (bedtime/rising time) * Promote daytime activity to avoid naps * Promote physical activity (up to 30 minutes a day) * Research shows caregivers require active assistance rather than just education to improve someone’s   sleep disturbance   * It is okay to ask for help  Results2 Reduction in number of nighttime awakenings, total time awake at night, depression, and increases in weekly exercise days | |  | |  | |  | |