

SLEEP PROBLEMS AND HOW TO SLEEP BETTER!

"Sleep is that golden chain that ties health and our bodies together"...Thomas Dekker

WHAT TO KNOW!

- ❖ Getting a good night's sleep is extremely important as it is a barometer of your health
- ❖ It is normal to periodically have some trouble sleeping but regular sleeping problems indicate an underlying medical or mental health problem
- ❖ Good sleep is necessary for energy, good moods, and the ability to handle stress
- ❖ Poor sleep can lead to weight gain, physical health issues, accidents, impaired driving, impaired work performance, depression, and relationship problems
- ❖ Signs of a sleep problem include feeling tired during the day, difficulty concentrating, difficulty remembering, difficulty staying awake, falling asleep while driving, impaired emotional control, and drinking a lot of coffee during the day to keep alert
- ❖ While sleeping pills may help sleeping problems, they are not a permanent solution and may make sleep problems worse in the long run
- ❖ Insomnia or not getting enough sleep is the most common sleep problem; it includes difficulty falling asleep, waking up often during the night, and having low energy
- ❖ Sleep apnea occurs during sleep when breathing temporarily stops and is evidenced by snoring, gasping for air, and exhaustion after awakening
- ❖ Restless Legs is a strong urge to move arms or legs when lying down that is due to uncomfortable sensations and is seen in cramping, flailing, or jerking legs while asleep
- ❖ Narcolepsy is uncontrollable daytime sleepiness which may occur while talking or driving
- ❖ Dysregulation of our Circadian sleep rhythms or our internal clock is another sleep problem manifested by feeling groggy, disoriented, and sleepy
- ❖ Nightmares happen during REM sleep and are frightening dreams that can be caused by stress, anxiety, trauma, and some drug usage
- ❖ Sleepwalking happens during Non-REM sleep; people can perform a range of activities while they continue to sleep

WHAT TO DO!

- ❖ Understand the importance of having good sleep hygiene which is a series of habits and rituals that improves your ability to fall and stay asleep
- ❖ Keep a sleep diary to identify habits that can be leading to sleep problems
- ❖ Keep a consistent sleep schedule by going to sleep and getting up the same time daily
- ❖ Establish a relaxing bedtime pattern so that you are tired and ready for sleep
- ❖ Turn off all electronics that may wake you during your sleep
- ❖ Give yourself enough time to sleep, usually around 7 to 8 hours
- ❖ Clear your mind of what you need to do by writing it down before you turn in to sleep
- ❖ Establish your bedroom as a place for sleep and sex and make it quiet, dark, and cool
- ❖ Avoid napping during the day and coffee or alcohol too close to bedtime
- ❖ Exercise during the morning or afternoon and meditate or do yoga at night
- ❖ Do not have a big meal close to bedtime
- ❖ Ensure there is enough natural light; it helps maintain the sleep-wake cycle
- ❖ If you don't fall asleep after 20 minutes, get up and do something relaxing
- ❖ Do not be a clock watcher or pressure yourself to sleep if you awaken
- ❖ Balance your liquid intake before sleep, not too much nor too little
- ❖ Follow through and stick with these suggestions
- ❖ Seek professional help to develop good sleep hygiene and a consistent sleep pattern

WE CAN HELP!

Call us at **954 755-2885** or email us at DrKimmel@KimmelPsychology.com

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