



Symptoms of Sleep Disorders

- Fall asleep while driving, during social events, meetings, movies, or at other inappropriate times
- Have sudden daytime sleep attacks
- Snore loudly and awaken yourself or others with snores
- Wake up gasping for breath
- Breathe through the mouth while sleeping and frequently have dry mouth in the morning
- Appear to stop breathing during sleep
- Have unrefreshing sleep
- Frequently awaken with a headache
- Take longer than 30 minutes to fall asleep
- Sleep less than six hours per night
- Wake more than four times a night
- Walk, talk, or scream during sleep
- Have uncontrollable movements of the legs before or during sleep

How to Sleep Well

- Maintain a regular wake time, even on days off work and on weekends.
- Try to go to bed only when you are drowsy.
- If you get in bed and are not drowsy, and unable to fall asleep for about 20 minutes, leave your bedroom and engage in a quiet activity elsewhere. Do not permit yourself to fall asleep outside the bedroom. Return to bed when, and only when, you are sleepy. Repeat this process as often as necessary throughout the night.
- Use your bedroom only for sleep, sex and times of illness.
- If you have trouble sleeping at night, don't nap during the daytime. If you do nap, try to do so at the same time every day and for no more than one hour. Mid-afternoon (no later than 3:00pm) is best for most people.
- Establish relaxing pre-sleep rituals such as a warm bath, light bedtime snack, or ten minutes of reading.
- Exercise regularly. Confine vigorous exercise too early in the day, at least six hours before bedtime, and do mild exercise at least four hours before bedtime.
- Keep a regular schedule. Regular times for meals, medications, chores, and other activities help keep the brain's inner clock running smoothly, allowing you to sleep more easily and soundly.
- Avoid caffeine (coffee, tea, soda with caffeine, cocoa or chocolate) within six hours of bedtime.
- Do not drink alcohol when sleepy. Do not use alcohol to help you sleep at night. While alcohol may help you to fall asleep more quickly, it severely affects the quality of your sleep.
- Avoid tobacco close to bedtime or during the night.
- Sleeping pills should be used only conservatively.