

SLEEP ENHANCEMENT GUIDELINES

GENERAL SLEEP GUIDELINES

Sleep Environment	<ul style="list-style-type: none">• Bed for sleep and sex only and establish regular sleep cycle for bedtime and wake time• Increase bedtime peripheral cutaneous vasodilation: bath or shower, socks or heating pad, non-caffeinated tea/beverages• Allow air temp to gradually warm extremities: bedding, socks, blankets• Minimize noise and lights from clocks and chargers• Take power naps if less than 30 min
Light Exposure	<ul style="list-style-type: none">• Increase daytime light exposure to sunlight: outdoors, open sky• Increase daytime physical activity: get up and move at least once per hour, increase PA in late afternoon and early evening• Decrease light at night - turn off or dim unnecessary lights at least 1 hour before bedtime, especially blue light, fluorescent, halogen and backlit screens• Use 2500 Kelvin colored warm lights
Dietary	<ul style="list-style-type: none">• Eliminate nighttime caffeinated beverages and limit daytime caffeine• Avoid alcohol 3 hours before bedtime• Eliminate after dinner and late-night snacking• Avoid high-sodium foods especially after dinner (this affects vascular tone and vasodilation)• Assure adequate daytime fluid intake, especially late afternoon• Weight reduction if BMI is elevated
Minimizing Stress	<ul style="list-style-type: none">• Start settling down one hour before bed, including some relaxation, bath/shower, meditation, guided imagery, music with 60 beats per minute• Develop a wind-down routine: stop working or doing stimulating activities 90 minutes before bed• Mitigate nighttime worrying, planning, and ruminating: try mindfulness-based stress reduction (MBSR)• Practice cognitive behavioral therapy (CBT) for insomnia

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Lifestyle Modifications for Sleep Attribute Disruptions

<p>Delayed Wake-Sleep Time (delayed onset or difficulty initiating sleep)</p>	<ul style="list-style-type: none"> • Environment: Bed only for sleep/sex, minimize noise and lights, allow natural cooling, warm extremities • Light exposure: Increase early morning sunlight, increase afternoon activity (outdoors), decrease light at night • Dietary: Reduce nighttime caffeine, alcohol, high sodium foods; eat a carbohydrate rich breakfast and eat a low carbohydrate dinner • Stress: start winding down one hour before bedtime and include relaxation, shower, meditation, etc.
<p>Short, fragmented Sleep Periods (fragmented sleep and difficulty maintaining sleep)</p>	<ul style="list-style-type: none"> • Environment: Darken bedroom, allow to cool gradually, keep a glass of cool water at bedside • Light exposure: Increase morning and mid-afternoon sunlight exposure, increase physical activity outdoors, use red-toned night lights, avoid turning on lights if you wake up • Dietary: Increase late afternoon hydration, avoid diuretic beverages • Stress: Mitigate nighttime worrying, planning, and rumination
<p>Early Sleep-Wake Time (sleep deficiency from waking up too early)</p>	<ul style="list-style-type: none"> • Environment: Ensure sufficient bedclothes to be warm in the morning • Light exposure: Avoid bright lights until ideal waking time, increase afternoon and evening sunlight to increase melatonin production, increase evening physical activity, use blue lights until 1 hour before bedtime • Dietary: Avoid eating or drinking caffeine until 30 -60 minutes after ideal waking time and shift carbohydrates from breakfast to dinner
<p>Late Sleep-Wake Time (sleep deficiency causing waking up too late)</p>	<ul style="list-style-type: none"> • Improve Wake-Sleep Time and Sleep Periods • Dietary: Eat breakfast shortly after awakening and eat a carb rich breakfast to improve sleep-wake transition
<p>Jetlag traveling east</p>	<ul style="list-style-type: none"> • Environment: Get exposure to bright light (outdoors) close to new ideal wake up time; get only dim-light exposure starting 1 hour before new sleep time • Dietary: Eat a hearty breakfast within 30-45 min of new ideal wake-up time • Supplements: Melatonin 1 mg sublingual one hour before new ideal sleep time
<p>Jetlag traveling west</p>	<ul style="list-style-type: none"> • Environment: Get late afternoon and early evening bright light (outdoors), avoid dim-light exposure until 1 hour before new ideal sleep time • Dietary: Eat a hearty breakfast within 30-45 min after new ideal wake up time; eat complex carbohydrate rich dinner 2-3 hours before new ideal sleep time • Supplements: Melatonin 1 mg sublingual one hour before new ideal sleep time

Source: American College of Lifestyle Medicine.