

# ARE YOU GETTING A “Complete Night Sleep”?

Insomnia is a condition in which people have difficulty falling asleep, difficulty staying asleep, and/or are waking up too early in the morning. As the most common sleep disorder, insomnia is diagnosed in individuals who experience poor sleep quality or quantity that causes distress or impairment in important areas of functioning.

YES / NO

- Do you frequently have trouble falling asleep at night?
- Do you frequently wake up in the middle of the night and have trouble falling back asleep?
- Do you often awaken too early in the morning?

YES / NO

- Do you wake up feeling unrested in the morning?
- Are you getting 6-8 hours of sleep each night?
- Are you getting a “Complete Night Sleep”?

Insomnia or sleep deprivation is serious business. It not only makes you tired, but it can compromise your overall health and put you in a worse mental state. The amount of sleep you need will vary, but the National Sleep Foundation recommends that adults sleep a minimum of 7 hours each night. If you are having trouble sleeping, you can start by practicing good sleep hygiene.



## WHAT IS GOOD SLEEP HYGIENE?

Sleep hygiene is essentially your sleep lifestyle, and it matters!

See below for some tips on cleaning up your sleep lifestyle and practicing good sleep hygiene:

- Minimize daytime napping
- Avoid caffeine, nicotine, alcohol and heavy meals before bedtime
- Don't exercise before bedtime
- Meditate or listen to soothing music 30 minutes before bedtime
- Keep your bedroom cool
- Try to go to sleep approximately the same time every night—your body likes routine
- Turn off media—yes, that little blue screen counts! Try turning it off at least half an hour to an hour before bedtime
- Keep your bedroom as dark and quiet as possible to help you go to sleep and stay asleep

### REFERENCES:

American Academy of Sleep Medicine. Healthy Sleep Habits. Sleep Education. [sleepeducation.org/essentials-in-sleep/healthy-sleep-habits](https://www.sleepeducation.org/essentials-in-sleep/healthy-sleep-habits) Updated February 9, 2017. Accessed November 5, 2019.

Division of Sleep Medicine at Harvard Medical School. Twelve Simple Tips to Improve Your Sleep | Healthy Sleep. [healthysleep.med.harvard.edu/healthy/getting/overcoming/tips](https://healthysleep.med.harvard.edu/healthy/getting/overcoming/tips) Reviewed December 18, 2007. Accessed November 5, 2019.

If you continue to struggle with sleep, talk to your Healthcare Provider about available sleep medications that will help you to achieve a “Complete Night Sleep”.

Complete Night Sleep

[CompleteNightSleep.com](https://www.CompleteNightSleep.com)