



SLEEPING BETTER

Common sleep issues

- 45% of Australians have sleep difficulties – for example, 23% of women over 75 take a sleeping tablet. Two-thirds of nursing home residents have sleep problems
- Did you know - 19% of people that snore have a sleep disorder, 25% of adults using the internet every night just before bed have frequent sleep difficulties or daytime impairments
- Risk of impairment - inadequate sleep can affect learning and decision-making – 75% of those that sleep less than 5.5 hours, suffer daytime impairment and fatigue, 17 hours without sleep equivalent to blood alcohol concentration of 0.05
- Risk of disease and injury – increased risk of mental and physical illness and accidents. Insomnia for a year triples your risk of diabetes

Improving sleep hygiene

- Increase sleep drive - recognise when you are tired or sleepy in the evening and only go to bed when you are sleepy. Stick to waking and sleeping times
- Be active – exercise and get outdoor light during the day
- Relax body and mind – try meditation, yoga, pilates, stretching, prayer, music, reading, warm bath. Don't take worries to bed and think of calm imagery. Try audio-files
- Make your bedroom comfortable – reduce disturbances from pets, noise, excessive cold/heat/light
- Be understanding – sleep is a rollercoaster of lighter and deeper sleep across the night – brief awakenings are normal – be relaxed about moving in and out of sleep,

Things to avoid / look for

- Minimise distractions - avoid TV, computers, nicotine, alcohol, caffeine (caffeine can take 24 hours to be eliminated) – have a 1-2 hour wind down period before going to bed
- Don't stress - if you are lying awake feeling frustrated then get out of bed and do something relaxing until you feel more ready for sleep. Keep the lights dim. Don't watch the clock. Think 'rest is good'
- Check for sleep apnea – breathing pauses or persistent snoring – and manage other issues e.g. pain, restless legs, anxiety, depression



O S A N A

HEALTHCARE RE-IMAGINED