

Positive effects of healthy sleep



- Improves overall wellness management
- Improves quality of life
- Reduces hospital admissions
- Hormone balance
- Healthy immune system

Negative effects of lack of sleep



- Obesity
- Lowers immune system
- Lower Life Expectancy
- Diabetes
- Heart Disease
- Hypertension
- Mood Disorders



SLEEP TIPS FOR ADULTS



Elm & Carlton Streets | Buffalo, New York 14263
www.RoswellPark.org
1-800-ROSWELL (1-800-767-9355)

National Cancer Institute-Designated Comprehensive Cancer Center | National Comprehensive Cancer Network Member
Blue Distinction® Center for Cancer Care | Blue Distinction® Center for Transplants



www.RoswellPark.org

Create a comfortable sleeping environment



What Helps?

- Goal of 7-9 hours of sleep daily
- Bedroom for sleep and sex only
- Room Temperature 60-65F
- Dark Room
- Blackout blinds or Mask
- Comfortable/supportive mattress
- Ear plugs
- Use bathroom prior to bed



What Hurts?

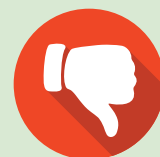
- Less than 7 hours of sleep daily
- Electronics
- Cell phones
- Noise
- Television
- Clocks with large illuminated dials

Lifestyle changes (create daily routines)



What Helps?

- Same bedtime each day
- Same wake-time each day
- Warm non-caffeinated beverage
 - Chamomile tea
- Light snack 1-2 hours before bedtime (combination of carbohydrate & protein)
 - Cheese crackers
 - Peanut butter and toast
 - Cereal with milk



What Hurts?

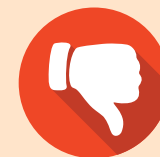
- Changing sleep times on weekends, holidays
- Nicotine
- Caffeine
- Alcohol
- Heavy and/or spicy meals close to bedtime
- Naps

Seek treatment for medical problems



What Helps?

- Primary Physician
- Sleep Specialist
- Massage Therapist
- Psychologist/Counselor



What Hurts?

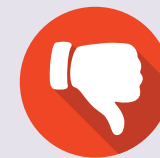
- Pain
- Night Terrors
- Snoring
- Anxiety
- Depression
- Restless legs

Create daily physical habits



What Helps?

- Practice mindful meditation
- Relaxation techniques
- Yoga or tai chi
- Daily exercise
- Walking
- Outside activity



What Hurts?

- Worries
- Sedentary lifestyle