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

ROSOWELL PARK
COMPREHENSIVE CANCER CENTER
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
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