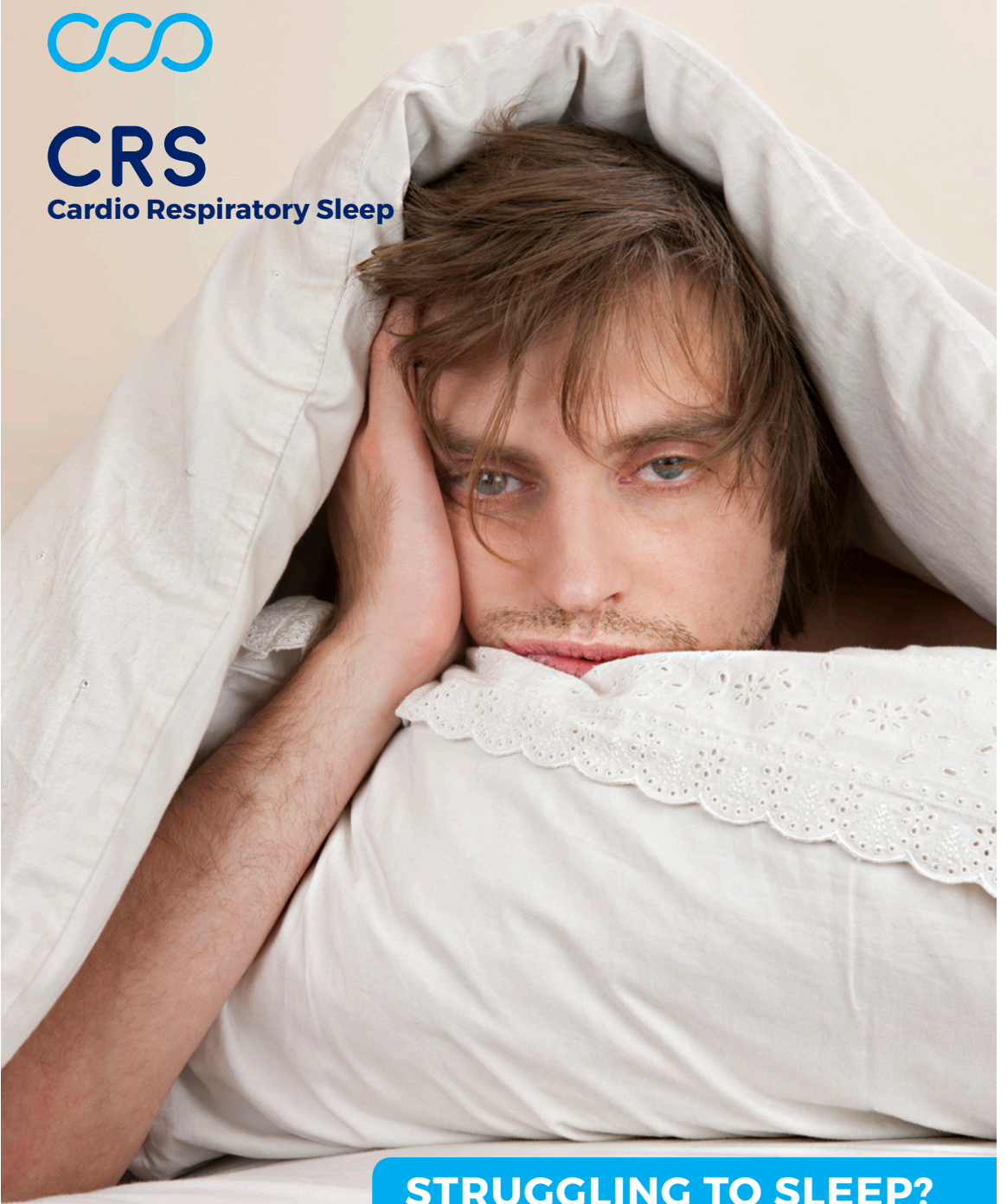




CRS

Cardio Respiratory Sleep



STRUGGLING TO SLEEP?

FEELING SLEEP DEPRIVED?

Assess your sleep hygiene

Sleep Hygiene is a way of ensuring you are practising good habits that will help you sleep.

There are some medications to assist short term with insomnia, but ongoing use of sleeping pills may lead to dependence and affect negatively the development of your own healthy sleep habits.

Talk to your doctor to see what is right for you. Good sleep hygiene is important for us all to practice in order to ensure the sleep we get is restorative for our body's health and wellbeing long term.



Ten Good Sleep Hygiene Habits

1. Wake up and go to sleep at the same time as regularly as possible, even on weekends and days off. Your body likes to get into a regular rhythm.
2. Go to bed only when you are sleepy. Try to avoid lying in bed awake.
3. Avoid Caffeine and Nicotine 4-6 hrs prior to bed. These are stimulates and may interfere with your ability to fall asleep.
4. Avoid drinking alcohol 4-6 hrs before going to bed as alcohol can affect the quality of our sleep.
5. Bed is for sleeping & sex – Try to assist our body to associate the bed with sleeping and not with activities such as; eating, TV, working on your laptop, reading, etc..
6. Avoid daytime napping if you are struggling to sleep at night. This makes it more likely you have an easier time falling asleep when you go to bed.
7. Develop some bedtime rituals to condition yourself to know when it is time to wind-down and relax for sleep. This may entail some breathing exercises or drinking a warm cup of milk.
8. Exercising 3-4 times a week for 20 mins at a time can help. However, avoid exercising 4 hrs prior to going to bed.
9. Eat a balanced diet and avoid eating a heavy meal just before going to bed.
10. Ensure your bedroom and bed is comfortable. Control the room temperature, make sure it is dark and quiet. Too much light, heat and noise can disrupt your sleep.

Follow these ten easy sleep tips for a good night's sleep.

Still struggling?

If you are still struggling to sleep, speak to your doctor. Your GP may refer you to CRS if a sleep disorder is suspected.

Sleep And Respiratory Specialist Services

- **Home Based Sleep Studies**
- **CPAP Trials and Management**
- **Positional Sleep Therapy**
- **Spirometry**
- **Mannitol Testing**
- **Sleep and Respiratory Consultation**

Phone CRS today for a prompt appointment at a convenient practice location.



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