

Sleep Tips Checklist

How to Get Good Sleep for Good Health

If you're not getting enough sleep (see table), it can take its toll on your work, concentration, memory, mood, relationships, and even your risk for accidents and health problems.

You don't have to live with sleep problems. Talk to your doctor about what can help. And try these changes in your daily habits and routines to help you sleep better, and in turn, feel better.

Check off one change you think you can make now!

Establish a Sleep-Healthy Schedule

A daily routine helps set your body clock for regular sleep and alert periods.

- Try to stick to a regular bedtime and waketime—every day if possible. If you stay up later on weekends, try not to sleep more than an hour past your usual waketime.
- Try not to nap as a habit, especially later in the day. If you're short on sleep, a "power nap" may help. But keep it less than 30 minutes and before 3 PM.
- Try to exercise for at least 30 minutes most days.* This can help improve both the amount and quality of your sleep—especially if you're older. (However, avoid vigorous exercise 5 hours before bedtime.)

*Talk to your doctor before making any changes in diet, exercise, or medication.

Make Your Bedroom Sleep Friendly

Certain features of your bedroom can help or hinder a good night's sleep.

- Block light with room-darkening shades and cover any lit devices—like clocks or personal electronics. Even a little light can signal your brain to be alert.
- Keep your room well-ventilated and on the cool side. Feeling too warm is a common reason for waking at night. (Keep pets out of your bed if possible!)
- Tune out noise, like traffic or morning birds, by wearing earplugs or creating a soothing hum with a fan or white noise machine.
- Reserve your bedroom for sleep only. When you use it for TV-watching, eating, or work, you're less likely to subconsciously connect the room with sleep.

Recommended Hours of Sleep Per Day*

Age	Hours Per Night
Teens (13-17 years)	8.5-9.25
Adults	7-9
Older Adults	7-9

*Source: National Sleep Foundation, *How Much Sleep Do We Really Need?* 2009.

Watch Out for Sleep Stealers

Depending on the time of day, certain foods, drinks, or medicines can interfere with sleep.

- Try to avoid caffeine after lunchtime. This stimulant can interfere with your brain's sleep signals for as long as 8 hours.
- Ask about medicines that can disrupt sleep. Some common culprits include heart, blood pressure, and asthma medicines, antidepressants, and some cough, cold, and allergy remedies.
- Avoid large meals or beverages in the 4 hours before bedtime. Indigestion and heartburn can interfere with sleep, as can trips to the bathroom.
- Avoid nicotine or alcohol near bedtime. While they might seem relaxing, both can disrupt the quality of your sleep.

When Pain Keeps You Up at Night

Sleep and pain problems often go hand in hand. About two-thirds of people with chronic pain say it disrupts their sleep, according to the National Sleep Foundation.¹ Other studies have shown that poor sleep leaves otherwise healthy people feeling aches and pain.^{2,3}

For times when you have sleeplessness and pain, your doctor may recommend **TYLENOL® PM**, a medicine that combines the over-the-counter brand of pain reliever doctors recommend most with a sleep aid that, when used as directed, is not habit-forming.

¹ National Sleep Foundation. Ask the Sleep Expert: Pain and Sleep. Available at: http://www.sleepfoundation.org/site/c.hulXKjM0ixF/b.2422621/k.549C/Ask_the_Sleep_Expert_Pain_and_Sleep.htm. Accessed on May 11, 2009.

² Canivet C, Ostergren PO, Choi B, et al. Sleeping problems as a risk factor for subsequent musculoskeletal pain and the role of job strain: results from a one-year follow-up of the Malmö Shoulder Neck Study Cohort. *Int J Behav Med* 2008; 15: 254-262.

³ Lautenbacher S, Kundermann B, Krieg JC. Sleep deprivation and pain perception. *Sleep Med Rev* 2006; 10: 357-369.

For a printable sleep tracker and more tips on how to get the sleep you need, visit **Tylenol.com**.