

Tips for a good night sleep:

- Try to sleep only when you are drowsy.
- If you are unable to fall asleep or stay asleep, leave your bedroom and engage in a quiet activity elsewhere. Do not permit yourself to fall asleep outside the bedroom. Return to bed when - and only when - you are sleepy. Repeat this process as often as necessary throughout the night.
- Maintain a regular arise time, even on days off work and on weekends.
- Use your bedroom only for sleep and intimacy.
- Avoid napping during the daytime. If daytime sleepiness becomes overwhelming, limit nap time to a single nap of less than one hour, no later than 3 pm.
- Distract your mind. Lying in bed unable to sleep and frustrated needs to be avoided. Try reading or watching a videotape or listening to books on tape. It may be necessary to go into another room to do these.
- Avoid caffeine within four to six hours of bedtime.
- Avoid the use of nicotine close to bedtime or during the night.
- Do not drink alcoholic beverages within four to six hours of bedtime.
- While a light snack before bedtime can help promote sound sleep, avoid large meals
- Avoid strenuous exercise within six hours of bedtime.
- Minimize light, noise, and extremes in temperature in the bedroom.

Source: Publications Committee for inclusion in the Sleep Hygiene wellness brochure published and copyrighted by the AASM.



**West Tennessee
HEALTHCARE™**

Sleep Disorders

www.wth.org/sleep

27 Medical Center Drive
Jackson, Tennessee 38301
731-541-6834



**ACCREDITED
Facility Member™**



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Sleep Disorders

- Do you snore?
- Are you usually sleepy during the day?
- Are you overweight?
- Do you have morning headaches?
- Have you been diagnosed with high blood pressure?
- Are you tired all of the time?
- Are you tired even when you wake up in the morning?
- Do you have a hard time staying alert in meetings, reading, driving a car, or watching television?
- Do you ever wake up gasping or short of breath?
- Do you hold your breath while sleeping and wake yourself up with a loud snort?
- Does your body move often while you sleep?

If you answered yes to two or more of these questions, you may be suffering from a sleep disorder. Untreated, sleep apnea can cause debilitating sleepiness, increase the chances of driving accidents and may lead to health complications including heart problems. If you suspect a sleep disorder, contact your primary care provider or call the Sleep Disorders Center at 731-541-6834.

Our Facility:

The Sleep Disorders Center of Jackson-Madison County General Hospital can provide:

- Prompt scheduling
- Short wait times
- Tranquil, relaxed outpatient setting
- Advanced digital technology and equipment



Staff:

- Board Registered Polysomnographic Technologists
- Certified and Registered Respiratory Therapists

Attending and consulting medical staff include:

- Board Certified Sleep Medicine Physicians
- Neurologists
- Pulmonologists
- Otolaryngologists
- Clinical Psychologists

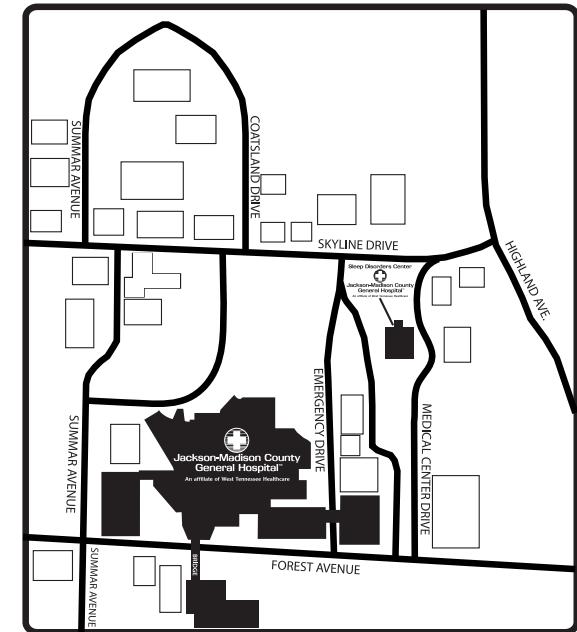
For more information, ask your primary care provider or call 731-541-6834.

People should talk to their primary care provider about any sleep problem or about a referral to the Sleep Disorders Center. A primary care provider referral is necessary for testing and consultation.



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SLEEP:
*As important as Diet and Exercise
(only Easier!)*