Tips for Good Sleep Hygiene

Sleep hygiene is defined as behavior interventions that be implanted to help promote good sleep habits and improve one’s sleep. Here are some strategies to utilize to help get a good night’s rest. Improving your sleep habits can benefit your overall health and wellness.

1. Go to bed at the same time every night and get up at the same time every morning
2. Avoid napping during the day
3. Don’t exercise right before bed. Getting exercise and staying physical active throughout the day may help you fall asleep easier at night, but just try to avoid exercise in the few hours before bedtime.
4. Do not watch television or use a tablet or your phone right before bed. Limit screen time before bed. Screens have blue lights which can interfere with your circadian rhythm. It is also best not to watch the television or use electronic devices while in bed.
5. Do not consume caffeine in the afternoon/evening hours. It is best to limit caffeine intake to the morning hours.
6. Limit alcohol consumption prior to bedtime
7. Avoid eating large meals right before bedtime
8. Create a quiet, dark and relaxing atmosphere in your bedroom to help promote good sleep

There are several over the counter medications that can be taken to help induce sleep. Postoperatively, it may be difficult to get back to a regular sleep schedule and these mediations may help get your circadian rhythms back on track. These medications should not be used long term to induce sleep. These medications can make you drowsy so do not drive or operate heavy machinery while taking these medications.

Melatonin- Starting dose is between 0.5 mg- 5 mg once daily at bedtime. Maximum dose is 10 mg. Start with the lowest dose that is effective at inducing sleep. Take the melatonin 1 hour prior to bedtime.

Tylenol PM- Tylenol PM is a medication that consists of acetaminophen (Tylenol) 500 mg and diphenhydramine 25 mg (antihistamine). Tylenol PM has sleep inducing properties and it is also effective at reducing pain. If you are also taking Tylenol during the day for pain management make sure not to exceed 3000 mg in a 24-hour period. Take 1-2 Tylenol PM at bedtime.

Advil PM- Advil PM is a medication that consists of ibuprofen 200 mg (anti-inflammatory) and diphenhydramine 38 mg (antihistamine). This medication is effective at reducing pain and inducing sleep. Take 1-2 Advil PM at bedtime. Do not exceed 2 tablets in a 24-hour period. If you are also taking ibuprofen during the day for pain management make sure not to exceed 2400 mg in a 24-hour period.

\*\*Note: Do not take Tylenol PM and Advil PM together.