It’s 3 A.M. Is Anyone Sleeping?
OSHER Lunch and Learn
Handout with References and Links
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Sleep quality tool kit

Sleep hygiene: External factors
NO NAPS
Caffeine/chocolate, tolerance changes with situations and stress, limit or avoid
Alcohol, easier get to sleep, much worse sleep quality, awakenings, next day, caffeine repeat
Meals 2 hours from bedtime
Light, blackout shades, eye shields
Noise: box fan or white noise generator
Temperature: warm bath before bed---cool sleep

Stimulus control: Habits, Bed=Sleep;
Go to bed only when sleepy-- consider Sleep Restriction
Electronics 1-2 hours from bedtime (blue light blocking glasses)
Bed ONLY for sleep, sex, illness (no TV Phone, Computer)
If you can’t get to sleep, don’t stay in bed (Don’t TRY to sleep!!!)

Circadian issues: body’s clock is set by light, food, social interaction, in that order.
Get up same time each morning (no matter how bad your night) (Set your alarm)
Daylight: Circadian clock reset by getting daily light in the mid-day; Dim light evening 8-9:00 PM
Chronotype: Lark or owl; Adv. Sleep Phase-avoid early morning bright sunlight.

Anxiety: Mindfulness practice, 3 cycle breathing, body scan [Link],
“Bedtime Relaxation Techniques.” No More Sleepless Nights Workbook, Appendix B, P. 155
Consider a weighted blanket [Link] [Link] and [Link]. Which ones, how heavy? [Link]
(Adjunct only: not for people with abnormal breathing or infants; not a substitute for professional care)

Address Sleep Disorders: with medical evaluation, not “wearable” consumer sleep tech. [Link]
Chronic difficulties with sleep initiation/maintenance from before the pandemic, General information [Link]
Poor quality, non-restorative sleep, sleepy despite adequate sleep opportunity, safety job or relationship concerns,
Sleep Apnea, Restless legs/Limb movement disorder, Abnormal behaviors in sleep, Hypersomnias (E.G. Narcolepsy)

Sleep Medicine Consultation:
Look for a center Accredited by AASM, with behavioral sleep medicine specialists
Intermountain Healthcare Sleep Center: 801-314-2400,
University of Utah Sleep Wake Center: 801-581-2016

Reference:
Types of insomnia (Link)
No More Sleepless Nights, Peter Hauri (Link)
Pandemic specific Practical Sleep Recommendations [Link]
Chronic Insomnia: AASM Behavioral recommendations [Link] and (Link); AASM Meds recommendations (link)