

GOOD SLEEP

doesn't just happen at night,
it is built throughout the

WHOLE DAY

Making some **small changes to your routine** can **improve your sleep** and how you feel during the day.

This guide gives you **simple, practical advice** you can try during the day and night to improve your sleep. These tips can be used alongside CPAP therapy. Remember each person's sleep is different and some of these recommendations might not apply to you.

No need to do everything at once! Start with one or two changes and build from there. Every step you take might help you have a healthier, more refreshing sleep.

Living with sleep apnoea can be challenging, but there might be simple things you can do to

IMPROVE YOUR SLEEP

By building healthy sleep habits into your morning, day, evening, and night, you set yourself up for a healthier tomorrow with

BETTER REST & MORE ENERGY

If you still experience sleep difficulties despite following these recommendations or if sleep difficulties are causing significant distress, we advise that you speak with a healthcare professional about treatment options.

References: Irish, L. A., Kline, C. E., Gunn, H. E., Buysse, D. J., & Hall, M. H. (2015). The role of sleep hygiene in promoting public health: A review of empirical evidence. *Sleep medicine reviews*, 22, 23-36; De Pasquale, C., El Kazzi, M., Sutherland, K., Shriane, A. E., Vincent, G. E., Cistulli, P. A., & Bin, Y. S. (2024). Sleep hygiene—What do we mean? A bibliographic review. *Sleep Medicine Reviews*, 75, 101930; Shneerson, J., Wright, J. J., & Cochrane Airways Group. (1996). Lifestyle modification for obstructive sleep apnoea. *Cochrane Database of Systematic Reviews*, 2010(1); Stepanski, E. J., & Wyatt, J. K. (2003). Use of sleep hygiene in the treatment of insomnia. *Sleep medicine reviews*, 7(3), 215-225.

BETTER SLEEP WITH SLEEP APNOEA

Take the first
steps today



MORNING

Often the first thing we do in the morning can improve our sleep later that night.

- ✓ **A regular wake up time** (even on non work-days) helps to build a consistent sleep-wake pattern.
- ✓ Getting out in the **natural morning light** helps to 'reset' your body clock to the day/night cycle.
- ✓ Regular **timing of breakfast** helps with building consistent sleep patterns.
- ✓ **Morning exercise** is the best for our sleep (especially if done outside).

DAY



Our activities and behaviours during the day can also impact our sleep quality.

- ✓ **No long daytime naps** (<20 minutes is ok).
- ✓ **Limited caffeine** levels (not after 2PM). It can be found in coffee, some teas, energy drinks...
- ✓ Try to **keep active** throughout the day. Physical activity can improve our sleep at night.
- ✓ **Regularly timed meals** throughout the day helps to maintain a more consistent sleep pattern.
- ✓ **Stay hydrated** throughout the day.
- ✓ **Avoid alcohol** and product containing **nicotine** at least 3-4 hours before bed.

EVENING



Some activities and behaviours before bed can also set us up for a restful night of sleep.

- ✓ Evening meal at least **2 hours before bed**.
- ✓ **Avoid high intensity exercise** for at least 2h before bed (light/moderate exercise is ok).
- ✓ **Writing a "worry" or "to-do" list** in the early evening can be helpful. These thoughts can then be dismissed if you think about them overnight.
- ✓ Keep sleeping areas **cool and dark** (e.g., keep blinds down especially in summer).
- ✓ Use **dim light** conditions before bed. Light travels through our eyes to different regions of the brain and can reduce our body's natural production of melatonin.
- ✓ **Wind-down-routine** can be helpful. Relaxing activities: reading, listening to music, podcasts, playing an instrument, watching movies... Avoid work before bed. Technology use is ok, provided it doesn't cause mental stimulation/stress and isn't used in bed.
- ✓ **Get into bed only when feeling sleepy and ready for sleep.** Getting into bed before you feel sleepy might result in lying awake for a long time before falling asleep.

NIGHT

Is there anything in your bedroom that you can change to improve your sleep?



- ✓ **Avoid TV, mobile phones & technology** use in bed. Create a new habit of keeping phones & electronic devices outside the bedroom.
- ✓ Sleep in a **cool, dark, quiet environment**.
- ✓ **Avoid 'clock watching'** during the night, which can cause anxiety or concern.
- ✓ Use the bed only for sleep and sex, and sleep only in bed.
- ✓ Remember that some **brief awakenings** from sleep during the night are **completely normal**.

If you still experience **DIFFICULTIES FALLING ASLEEP** or **LONG AWAKENINGS**

Try to follow these steps for 2-3 weeks to improve your sleep:

1. *Only use your bed for sleep and sex*
2. *Be in bed only when you are feeling sleepy*
3. *If you are awake in bed for more than about 15 minutes, get out of bed and go to another room*
4. *Stay in the other room until you feel sleepy again*
5. *Repeat steps 3 and 4 until you are asleep within about 15 minutes*
6. *Get up at the same time each morning*
7. *Avoid long daytime naps*

