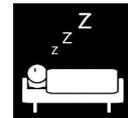




Royal Orthopaedic Hospital NHS Foundation Trust Patient Information

Sleep Hygiene

Welcome to the Royal Orthopaedic Hospital (ROH).
For further information please visit www.roh.nhs.uk



Information for Patients

“Only 8% of people wake up feeling refreshed and 60% admit to not being happy with the amount of sleep they get.” (Chris Worsfold)

So Why Is Sleep Important?

- The ‘World Health Organisation’ recommends adults should have 7-8 hours per night allowing us to go through 5-6 cycles of deeper and lighter sleep providing optimal recovery.
- Good regular sleep makes you feel happier as it regulates your mood by decreasing levels of our stress hormone—cortisol. Sleep deprivation makes you more sensitive to pain therefore good regular sleep can help in reducing pain symptoms.

Other Benefits...

- Your brain recharges—improving our memory as we know sleep deprivation results in accidents due to drowsiness and poor concentration.
- Your cells repair themselves at a higher rate —specifically myelin cells which protect our nerves.
- Your body releases important hormones—particularly leptin which suppresses appetite helping maintain proper body weight. This is why cravings for high-calorie and fatty foods surge by 45% when your sleep deprived (sleep.org).
- Sleep maintains your immune system, people who sleep less than 7 hours a night are 3x more likely to develop a cold.
- During sleep your body’s temperature reduces by 1 degree this is why room temperature is important and also why a bath prior to sleep helps as it dilates our circulatory system allowing heat loss.



Information for Patients

Top Tips

- 1) Have a designated place to sleep
- 2) Optimise your sleeping environment with a suggested temperature of around 18 degrees and that the room is quiet and dark (consider earplugs / eye masks)
- 3) Establish a routine with a regular set-time for sleep as this helps to develop a regular sleep wake cycle and rhythm—programming your body to sleep better
- 4) Reduce your daily intake of stimulants such as alcohol, caffeine (tea & coffee) prior to sleep and also from noon onwards—these prevent a deep sleep
- 5) Avoid over-hydrating as this can interrupt sleep
- 6) Reduce or try to give up smoking—as this disrupts sleep
- 7) High levels of protein can promote sleep, however high levels of fat can reduce sleep. If consuming carbohydrates allow time for digestion, more than 1 hour prior to sleep
- 8) Restrict stimulating activities such as 'screen time' exposure (phones, laptops, T.V's) and dim room lights prior to sleep—have some 'off-line time' 2 hours prior to bed
- 9) Engage in relaxing activities prior to sleep—yoga, 7/11 breathing, meditation
- 10) Engage in regular daily exercises however try to avoid strenuous exercise 3 hours prior to sleep
- 11) If you find you are waking, avoid stimulating activities as this only rewards the brain for waking you. If you are waking due to worrying—try writing a list.

