

# **SLEEP HYGIENE**

Getting a good night after surgery can be difficult for many patients. Here are a few tips to follow.

1. Set a sleep cycle. Try to go to bed and wake up at the same time each day.
2. Limit naps. If you are tired during the day and need to nap, limit your nap to 30 minutes.
3. Avoid screen time prior to bed. Avoid your phone, tablet, computer and TV 2 hours prior to bedtime.
4. Only use the bed/bedroom for sleep. Avoid sitting in bed during the day or watching TV in bed.

Products that may help:

1. Tylenol PM - If you are still using acetaminophen (Tylenol), try using the PM version at night. It does contain diphenhydramine (Benadryl) so be cautious of the side effects.
2. Chamomile Tea – Chamomile tea can help people get to sleep and may also have some anti-inflammatory properties.
3. Melatonin - Melatonin is another OTC product that some people have found to be helpful.
4. Sleep Factors by Biogenesis – This is another product that has been helpful for some patients. It contains melatonin, Chamomile and other ingredients which may help you fall asleep.
5. CALM App – Try 7 days of sleep the week prior to your surgery to learn tools to help you sleep better after surgery.