

Coping with Challenges - Getting Enough Sleep

It can be challenging to get enough sleep. Here are some common challenges and coping strategies. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

Challenge	Ways to Cope	Other Ways to Cope
I stay up too late getting things done.	<ul style="list-style-type: none"> <input type="checkbox"/> Plan ahead so that you finish earlier. <input type="checkbox"/> Ask family and friends to help you get things done. <input type="checkbox"/> Save some tasks for another day. <input type="checkbox"/> Make a list of things to do the next day. Then set it aside. <input type="checkbox"/> Set a timer as a reminder to begin getting ready for bed. 	
I'm too hot or too cold.	<ul style="list-style-type: none"> <input type="checkbox"/> Turn the heat up or down. Or open a window. <input type="checkbox"/> Dress for the weather. <input type="checkbox"/> Choose the right bedding - add an extra blanket or choose a thinner sheet. <input type="checkbox"/> Take a warm or cool bath or shower. 	
My bed partner is restless, breathes loudly, or snores.	<ul style="list-style-type: none"> <input type="checkbox"/> Sleep in separate rooms. <input type="checkbox"/> Ask your partner to sleep on their side or stomach. <input type="checkbox"/> Ask your partner to get help from their healthcare provider. 	

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There's too much noise.	<ul style="list-style-type: none"> <input type="checkbox"/> Use earplugs. <input type="checkbox"/> Turn on a fan, white noise machine, or radio tuned to static to drown out the noise. Or use a smartphone app that plays white noise or nature sounds. <input type="checkbox"/> Shut the doors and windows. <input type="checkbox"/> Ask people to be quiet. 	
There's too much light.	<ul style="list-style-type: none"> <input type="checkbox"/> Get room-darkening blinds or shades. <input type="checkbox"/> Wear a sleep mask. 	
I can't get comfortable.	<ul style="list-style-type: none"> <input type="checkbox"/> Stretch. <input type="checkbox"/> If possible, get a bed, mattress, and pillow that you like. <input type="checkbox"/> If you cannot fall asleep after trying for 20 minutes, get up and do something relaxing. Then try again. 	
I'm thirsty.	<ul style="list-style-type: none"> <input type="checkbox"/> Make sure you're drinking water consistently throughout the day. <input type="checkbox"/> Have your last glass of water for the day at least 90 minutes before bedtime. <input type="checkbox"/> If you must drink at bedtime, have just a sip. 	

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<p>I feel anxious or alert at bedtime.</p>	<p>During the day:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Get up at the same time each day. This helps your body get on a schedule. <input type="checkbox"/> Avoid caffeine. <input type="checkbox"/> If you smoke, quit. <input type="checkbox"/> Avoid naps. Or keep them very short (30 minutes or less). <input type="checkbox"/> Be active during the day, but avoid strenuous activity 2-3 hours before bedtime. <input type="checkbox"/> Manage stress. <input type="checkbox"/> Ask your healthcare provider if your medicines are keeping you awake. <p>A couple of hours before bedtime:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Avoid using a computer, cell phone, or TV. The light can make your brain think it's time to be awake. <input type="checkbox"/> Avoid working or being very active. <input type="checkbox"/> Follow a bedtime routine that helps you wind down. <p>At bedtime:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Go to bed at the same time each day. This helps your body get on a schedule. <input type="checkbox"/> Don't pressure yourself to fall asleep. <input type="checkbox"/> Keep clocks and watches out of sight so you don't think about time passing. <input type="checkbox"/> If you don't think you will fall asleep soon, get out of bed. Do something relaxing for a while. 	