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**Adequate sleep duration** is 7.5-9.5 hours for adults, 10-12 hours for children.

**Consistency** in schedule, both bedtime and wakeup, supports the natural cycle of circadian rhythms.

**Light** is alerting. Morning walks offer well-timed light exposure.

**Pace and balance** activities in order to **maintain a consolidated night sleep period**, rather than drifting in and out of sleep throughout the day and night.

**Sleep diary** or phone app can be used to track bedtimes, time in bed, waking after sleep onset. Plan for time to pay off **Sleep Debts**, including **Social Jetlag**, when activities leave you under-slept.

**Wind down ritual** is helpful before sleep: progressive muscle relaxation, breathing, music. A warm bath encourages sleep within 2 hrs and may moderate FM pain.

**Exercise** is immediately alerting and produces rise in body temperature. Temperature falls off after about 90 minutes. A cool shower hastens the drop. While night sleep is ordinarily enhanced by exercise during the day, this must be balanced against post-exertional malaise.

**Appetite** and satiation are altered by limited sleep. Deficient sleep is associated with weight gain and increased pain.

**Limit bright screen exposure** before sleep since blue light blocks melatonin; this includes back-lit e-readers.

**Power naps** may consolidate memory, improve alertness and empathy. Timing: 20-30 min or 1.5 hrs (the latter is a full sleep cycle). Prophylactic nap: Late afternoon before night activity. Anticipate and manage sleep **inertia**: get slowly vertical and obtain bright light exposure.

**Caffeine** is best avoided after early afternoon. If used “pharmaceutically”— 20-30 minutes to take effect.

**Alcohol** is initially sedative, decreases sleep duration and efficiency, suppresses REM, and increases waking after sleep onset—especially in women. Next day alertness is reduced. Alcohol intolerance is very common in CFIDS/ME.

**Benadryl** inhibits slow-wave sleep and REM. It is sedative but not restorative. It has a long half-life, lasting sleep inertia, rapid tolerance and rebound insomnia.

**Seek information** about sleep effects of over-the-counter or prescription meds.

**Self-awareness** is needed to recognize signs of **Excessive Sleepiness**. Ask for help. Seek alternate transportation:

**DO NOT DRIVE**

## Setting Your Sleep Environment

**Dark:**

- Light blocking shades
- Eye mask, may be designed to hold moisture

- Dim lighting for sleep prep, full darkness during sleep

### **Quiet:**

- Masking machine, fan or HEPA air cleaner
- Ear-plugs
- Limit-setting in household
- Advocacy with neighbors and community

### **Safe:**

- Anticipate nocturia: To avoid falls clear cords and obstructions from paths leading to room exit & bathroom
- Have dim lighting available to enhance vision
- Watch out for pets!

### **Cool:**

- Cool room (e.g. 65 degrees) is conducive to sleep
- Select seasonally appropriate bedding and bedclothes

### **Humid:**

- Humidifier may be used to modify dry air, especially in winter

### **Low Tech:**

- No bed texting!
- Computer, smart-phones and TV out of bedroom

### **Thirst:**

- Place non-breakable drinking water source and eye-drops on night table for easy access

### **Positioning:**

- Be aware of possible light-headedness with quick rising
- Consider pillow wedge for head/shoulder elevation, especially related to gastric reflux
- Pillows under knees may increase back/hip comfort

### **Partners /Family/Roommates:**

- Negotiate sleep schedule differences to insure a quiet environment

### **Pets:**

- Arrange for pet night independence: bed, water bowl, night food
- Schedule frequent cleaning to eliminate fur and dander