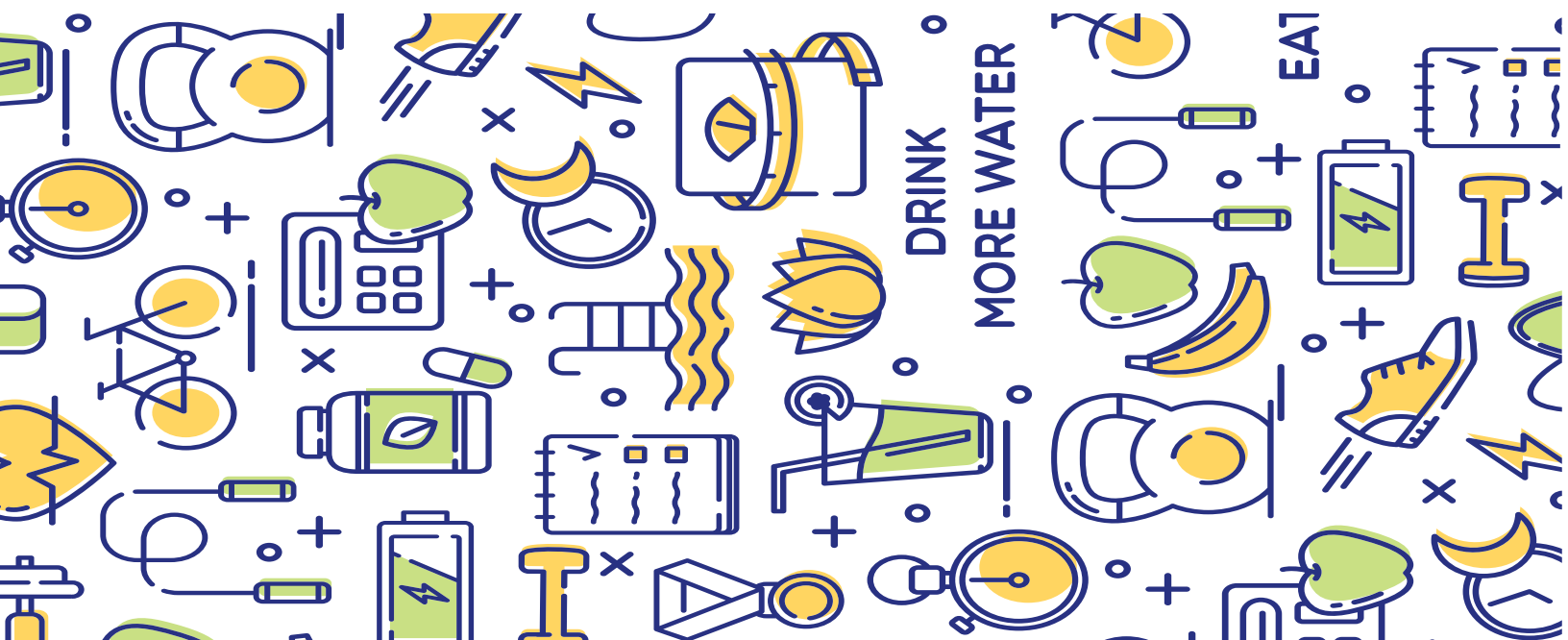




PRAIRIE MOUNTAIN HEALTH

SLEEP PROMOTION:

SAFE SLEEP WITHOUT PILLS





Are you getting enough sleep?

Early Years (0 – 5)

- Children from 0 to 5 years sleep more through the 24 hour day (such as daytime napping) and all sleep should be included in the daily total.

10 – 17 Hours

School-aged Children and Teens (6-17)

- **1 in 4** school aged children do not get enough sleep.
- Kids sit too much indoors.
- Getting natural sunlight during the day helps with your sleep/wake cycle.
- Light from electronics and bright light bulbs keeps you more awake in the evenings.

9 – 11 Hours

Better Sleep Tip!

- ✓ Get regular physical activity outside
- ✓ Limit recreational screen time to **2 hours** or less each day
- ✓ Consider how electronics affect your sleep

Adults (18 – 64)

- Adults have trouble getting enough sleep and/or quality sleep due to school, work, family and other life demands.

7 – 9 Hours

Better Sleep Tip!

- ✓ Find healthy ways to manage daily stress
- ✓ **Limit caffeine intake** later in the day; know your alcohol limit

Older Adults (65 and older)

- Older adults tend to have more opportunity to get enough sleep.
- Changes to your sleep patterns are a normal part of aging.
- As you get older, less time is spent in deep sleep.
- Napping during the day counts in your total daily sleep time.

7 – 8 Hours

Better Sleep Tip!

- ✓ **Expect sleep to change as you age.** You won't have the same deep sleep from your youth
- ✓ Consider talking with your healthcare team about tapering off sleeping pills

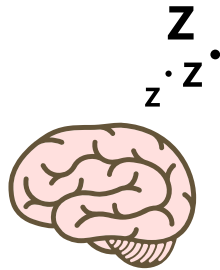
Better Sleep For All!

At any age, it is essential to have a **regular sleep routine.**

Why do you need natural sleep?



Reduces periods of low mood and anxiety



Improves brain function



Reduces cravings for unhealthy foods



Optimizes physical and mental health status



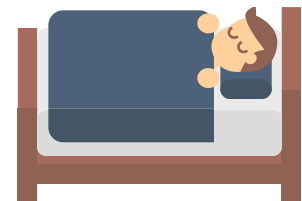
Reduces your risk for falls and injuries



Reduces stress



Helps you stay alert



Restores and refuels your body and mind for the day to come

The basics of good sleep







The risks of sleeping pills

There are risks to using sleeping pills at any age. They often do more harm than good. The best sleep is a natural sleep. With help from your healthcare team, you can get off sleeping pills even after long-term use.



While there may be a modest improvement in sleep satisfaction for the first few days, sleeping pills don't work long term and sleeping pills can cause:

-  Attention and memory problems
-  Increase risk of falls, fractures, and accidents
-  Increase risk of motor vehicle accidents
-  Fatigue

This is general information. Please consult your healthcare provider if you have ongoing sleep problems. For more information you can go to:
<http://www.criugm.qc.ca/fichier/pdf/BENZOeng.pdf>

Questions, comments or feedback?

Email: SedativeDeprescribing@pmh-mb.ca



A BETTER SLEEP ROUTINE: A sleep promotion activity for all ages

Outline your routine before you fall asleep

- include all activities in the 1 hour prior to the time you would like to be asleep
- include all the various screens you turned off (tv, tablet, phone)
- star the relaxing sleep promotion ideas that will be new to your routine

CURRENT ROUTINE

FUTURE SLEEP PROMOTING ROUTINE

Turn the page for sleep promotion ideas



Are You Satisfied with Your Sleep?

My S.M.A.R.T. goal for better sleep: (Specific, measurable, action-oriented, realistic, time-limited)

Relaxing sleep promotion ideas

Dim lights	Fan (moving air)	Mindfulness	Foot massage
Warm or cold drink	Gratitude	Light snack	Back rub
Change clothes	Essential oils (i.e. lavender)	Read book	Shower or bath
Stretch	Adjust pillows	Journaling/writing	Ice pack
Yoga	Cool temperature	Warm blanket	Heated mattress pad
Water plants	Window open	Pray/meditate	Listen to music
Connect with nature	Connect with someone (physically, emotionally and spiritually)	White noise (i.e. fan, uninteresting TV show)	Deep breathing
Visualize	Audio book	Weighted blanket	Harmony meditation balls
Walk the dog	Visit with pet	Eye mask	Someone reads to you
Radio	Listen to a podcast	Put on lotion	

Mechanics of getting ready for bed

Light snack	Bathroom	Take medication	Check on kids
Change clothes	Let dog out	Brush teeth/take teeth out	Water plants
Mouth guard in	Wash face	Prepare for am in kitchen i.e. get coffee ready, lunch	Check house alarm
Set alarm	Close curtains	CPAP machine on	Turn off phone ringer
Put phone “do not disturb” on	Ear plugs	Glass water/water bottle by bed	Tidy up

Activities that DO NOT enhance sleep close to bedtime

Have a smoke	Watch the news	Take a sleeping pill	Have a drink with alcohol
Have a drink with caffeine	Heavy exercise	Check social media	Work
Eat a big meal			

People helping people: Prairie Mountain Health has collected these successful sleep strategies from people living in this region. If you would like to add something you find helpful, please contact us as SedativeDeprescribing@pmh-mb.ca