

# APPENDIX I

## Tips for Getting Better Sleep

Sleep is essential to good health. Sleep helps your body to repair itself, both physically and emotionally. Your tinnitus may seem worse when you are tired. When you get enough sleep, you are ready to handle problems and you won't get frustrated as easily. A good night's sleep will give you energy to practice skills from this workbook.<sup>20</sup>

### **What happens if you don't get enough sleep?**

- Your tinnitus may seem louder
- Problems seem more difficult to handle
- Your body feels weak
- You don't feel good or enjoy activities
- You have difficulty concentrating

### **Tips for sleeping well:**

#### *Timing:*

- Set the alarm and get up at the same time everyday (regardless of how much you slept)
- Do not nap during the day, or limit your naps to no more than 30 minutes each day (unless you have been advised differently by your doctor)
- Go to bed at the same time each day

#### *Sleep Behavior:*

- Go to bed only when sleepy
- Use the bed and bedroom only for sleep (do not read, eat, or watch TV in bed)
- If unable to sleep - get out of bed
- Don't lie in bed awake for more than 20 minutes - get up
- Engage in a quiet activity - return to bed when sleepy
- Repeat the above strategy for as many times as is necessary

- Teach your body to associate the bed with sleep, not frustration
- Only spend the amount of time in bed that you want to spend sleeping even if you did not sleep as well or as much as you would have liked. For example, if you want seven hours of sleep then only spend seven hours in bed.
- Don't sleep in or nap more than usual because you didn't sleep well the night before

### ***Body Temperature:***

- Increasing your body temperature during the day can help you sleep better at night
- Don't exercise or bathe too close to bedtime
- You can raise body temperature by exercising a few hours before bed
- You can raise body temperature by taking a warm bath for about 30 minutes about two hours before bedtime

### ***The Bedroom:***

- Keep the same temperature in the bedroom throughout the night; make sure that the temperature is not too warm.
- Overheating can disrupt deep sleep
- Brightly lit wall clocks can disrupt sleep
- Keep the room dark. (Note: A night light may be needed to safely get up in the night to go to the restroom without falling.)
- Develop a "sound plan" to learn how to use sound to manage your tinnitus at night (see p. 27).
  - Also use constant low-level sound to keep other sounds from waking you up. (See Appendix J for websites that offer tabletop sound machines.)

### ***Effort and Sleep:***

- Making an "effort" to fall asleep will not help you sleep
- Sleep should not be effortful
- Avoid mentally stimulating activity just before going to bed. For example, don't watch an action movie or have really interesting conversation just before bedtime.

- Relaxation techniques such as deep breathing and visual imagery can help you get to sleep or back to sleep when you awaken in the night
- Mentally quiet tasks such as listening to music and calming thoughts can help you relax and sleep

***Diet:***

- Caffeine (a stimulant) should be discontinued at least 4-6 hours before bedtime\*
- Nicotine (a stimulant) should be avoided near bedtime and when you awaken in the night\*
- Alcohol (a depressant) causes awakenings later in the night even though it might have helped you fall asleep\*
- A light snack may be sleep-inducing but a heavy meal too close to bedtime might interfere with sleep

*\*Check with your doctor before using any of these substances*

More information about sleep is available from Patlak, M. (November, 2005). U.S. Department of Health and Human Services; National Institutes of Health; National Heart, Lung, and Blood Institute. *Your Guide to Healthy Sleep*. NIH Publication No. 06-5271. (available as a free download from [http://www.nhlbi.nih.gov/health/public/sleep/healthy\\_sleep.htm](http://www.nhlbi.nih.gov/health/public/sleep/healthy_sleep.htm))

