



Behaviors that Help Promote Sound Sleep

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SYMPOSIUM

Caffeine (more than coffee & tea)

- Caffeine is a stimulant and used at the right time of day it can help to wake you up and get you going.
- However, caffeine stays in your body much longer than you might think and continues to 'keep you awake'.
- Avoiding caffeine 4-6 hours before bed will decrease the impact it has on your ability to fall asleep.

Designing the Best Sleeping Space

The place where you choose to sleep will help you sleep better if it is...

- As dark as possible. Keeping light (of all sources) to a minimum will help you sleep more soundly.
- As quiet as possible. Sound (TV, Radio/Music) that you listen to during the day may keep you from getting deep sleep.
- As cool as possible. Cooler temperatures allow the body to cool down and rest more deeply.

Alcohol (a night cap is no longer in fashion)

- Drinking small amounts of alcohol can help you feel sleepy. And sometimes people have used it to help them fall asleep, a 'night cap'.
- However, alcohol while it makes you sleepy at first, it can make your sleep more rest less throughout the night.
- Avoiding alcohol 4 hours before bed may reduce these negative side-effects

Summary: Tips for Better Sleep

There are several things you can do to help improve your sleep, some you may have heard of, while others may be new to you.

- Avoid food or drinks with caffeine 4-6 hours before bed
- Avoid nicotine (tobacco/patches/gum) 4 hours before bed
- Keep your bedroom (sleeping space) ○ As dark as possible ○ As quiet as possible ○ As cool as comfortable
- Don't use Alcohol to help you sleep

This information is provided as collaboration between Texas Oncology and the University of Texas at Austin, School of Nursing Researcher, Dr. Patricia Carter.