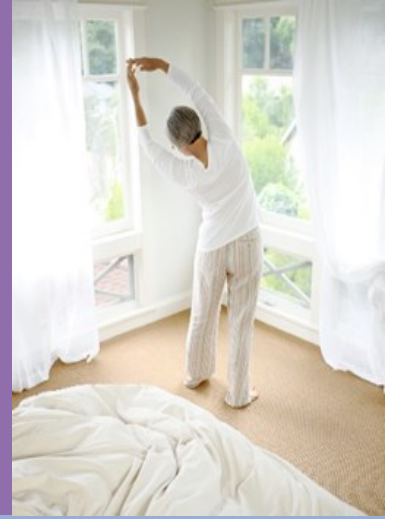


The Way to Better Sleep

Tips and Resources – April 2022



How does sleep affect your health?

Sleep is critical, but sleep problems may follow after a stroke. Poor sleep can slow your recovery and lead to depression, memory problems and night-time falls. The good news is there are ways to improve your sleep.

What gets in the way of a good night's sleep?

Everyday stresses of life—your job, your family or relationships, money problems, jet lag—can keep you from sleeping well.

Your habits and activities - Limit drinking coffee, watching TV, or using the computer two hours prior to bed. These habits can affect how well you sleep.

Medical conditions can also cause sleep problems. These conditions include: Sleep apnea, anxiety and depression.

Medicines and other substances – can cause sleep problems. Examples include antidepressants, cold medicines, steroids, alcohol, caffeine, and nicotine.

Please contact your Primary Care Physician if you are having ongoing sleep problems.

Catching Better ZZ's

Keep your bedroom dark and at a comfortable temperature

Get regular exercise and sunshine

Follow a regular sleep schedule. Go to bed and wake up the same time every day

Have a bedtime routine. For example, take a warm bath before bedtime. Listen to calm music or read a book.



Visit **Kaiser Permanente** Comprehensive Stroke Community Resource Website: <http://kp.org/sac-valley-stroke-center>
For more information, please contact : Cindy.Centerwall@kp.org