

# HEALTH ANALYSIS

## Promoting Good Sleep Habits with Conservative Measures

### The patient should:

- Avoid alcohol (Ethyl Alcohol or ETOH) at night
- Consider lateral positional sleeping
- Consider OTC\* sleep wedge pillow
- Consider Flonase for nasal congestion – treat allergic rhinitis
- Consider OTC\* extra strength nasal strips
- Smoking Cessation

OTC\* = over the counter

Patient will need to purchase item. Item is not a Tricare benefit

