



NAVY & MARINE CORPS PUBLIC HEALTH CENTER HEALTH PROMOTION & WELLNESS DEPARTMENT



Health Behavior Support for Sleep Disturbances

A sleep disturbance is a complication that interferes with normal sleep patterns. According to the American Sleep Association, at least 40 million Americans each year suffer from long-term sleep disorders and an additional 20 million experience occasional sleep problems. Some common types of sleep disturbances include:



insomnia, hypersomnia, narcolepsy, restless leg syndrome, and sleep apnea. Restful sleep may be affected by depression, anxiety, stress, traumatic brain injury (TBI) and other medical problems.

Sleep is restorative. Getting enough sleep regularly can help you feel and function better, improve memory, physical performance and your quality of life.

The health behaviors listed below can play a key role in minimizing sleep disturbances.

Some Tips for a Good Night's Sleep

- Foster a comfortable sleep environment.
- Maintain regular sleep and wake hours; avoid napping late in the afternoon.
- Minimize noise, light and distractions.
- Avoid heavy food, alcohol, caffeine, nicotine, and rigorous activity prior to bedtime.
- Use relaxation techniques before going to sleep.
- If unable to fall asleep after 10 minutes, get up and engage in a restful/peaceful activity.
- Avoid entertainment such as television and video games in bed.

Resources: http://www.nmcphc.med.navy.mil/WII/wii_sleep.aspx
<http://www.sleepassociation.org/index.php?p=whatissleep>
http://my.clevelandclinic.org/disorders/sleep_Disorders/hic_Tips_for_a_Good_Nights_Sleep.aspx
http://www.nmcphc.med.navy.mil/Healthy_Living/Psychological_Health/Stress_Management/sleep.aspx