

INSOMNIA AND SLEEP WORKSHEET

Sleep hygiene

- Remove TV and computer from bedroom, keep the room dark and use nightlights that can easily be turned on.
- Set a routine bedtime and waking time by going to bed and getting up the same time of day each evening and morning.
- Avoid action TV shows, video games or anxiety-provoking activities (this is not the time to pay your bills!) before bed. Try relaxing music, gentle stretching, aromatherapy, meditation and massage before bed.
- Avoid bright lights at night. Amber-tinted computer screens can reduce the impact of computer screens.

Dietary changes

- Avoid stimulants such as caffeinated drinks after 3 p.m. Avoid alcohol or limit to one glass.
- Avoid heavy, starchy meals or snacks before bed. Try foods with tryptophan such as poultry and milk.

Lifestyle changes

- Take a warm bath to relax before bedtime.
- Limit catnaps during day to 10 to 20 minutes before 3 p.m.
- Avoid heavy exercise at night, but do exercise daily.

Bed comfort

- Use silk pajamas or sheets if you have trouble turning.
- Examine your mattress. Has it seen better days?
- An occupational therapist can help with bed comfort.

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Treatment

- See your doctor to optimize motor control and Parkinson's medicines.
- Depression, anxiety, pain, restless leg syndrome, vivid dreaming, incontinence and sleep apnea can be treated. Discuss with your doctor.
- A sleep study may be needed to diagnose sleep apnea if you snore.
- Sleep medicines can cause daytime sleepiness, confusion and weakness. You may not need them if you develop good sleep habits.