



**National Sleep Statistics**

- 70% of kids have TVs in their bedrooms
- 60% of Americans say they do not sleep well
- 67% of women claim they "often" have a sleep problem
- 43% of individuals claim that daytime sleepiness interferes with their daily activities.
- Only 51% of adolescents (13-18 years) get adequate sleep, of these, only 20% receive optimal sleep.
- There has been a 5-year downward trend of Americans getting adequate sleep

[2004-2007 Sleep in America Poll]

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**Good Sleep Hygiene**

**Why we can't sleep** - Ever wake up after 8 hours of sleep and still feel tired or unrefreshed? In general, most Americans are over-stimulated, over-caffeinated, over-worked and under-slept. The National Sleep Foundation estimates that less than 55% of Americans get the adequate sleep they need.

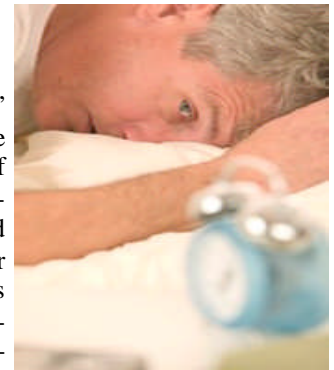
There are numerous reasons why American's can't sleep. Medically speaking, these reasons are categorized into one of two major areas: endogenous vs. exogenous. Factors that are "endogenous", from *within the body*, are things like metabolism, stress, anxiety, biochemicals, etc. Factors that are "exogenous", from *outside the body*, include things like food, medication, jet lag and stimulants that we put into the body.

**Our Bad Habits** - most of the causes for poor sleep are can be attributed to human behavior:

- Audio/visual stimulation before bedtime
- Watching television in bed
- Fatty or spicy foods near bedtime
- Caffeine consumption within 4 hours of bedtime
- Alcohol consumption within 2 hours of bedtime

There are also many misnomers about

what a "good bedtime" routine is. Per the American Academy of Sleep Medicine, individuals should avoid reading, television or doing other activities while in bed. The bedroom should be reserved as a place for only two things: intimacy and sleep. Reading in bed over-stimulates alpha brain waves and inhibits the body's ability to fall asleep once eyes are actually closed.



**Do you have irregular or bad sleep habits?**

**The Benefits of Routine** - In general, most people realize that bedrooms should be cool, quiet, dark and well ventilated. A set bedtime and waketime are the most beneficial habits that people should develop. Furthermore, for those who adhere to a rigorous sleep schedule and still have a hard time getting quality sleep, it should also be noted that allergens, endogenous sleep disorders (i.e. snoring, apnea, insomnia) and musculo-skeletal conditions do need to be ruled out as well. Some solutions are as easy as using allergy pillow and mattress covers or sleeping with a mouth guard. Only your physician can truly help you determine if it's a sleep disorder or just bad habits. Patients who have problems sleeping should ask their physician about a sleep study.

**Tips for Better sleep**

- Establish a good sleep environment with limited distractions (noise, light, temp)
- Avoid foods & beverages that may contain stimulates
- Avoid alcohol & nicotine before going to sleep
- Exercise regularly, but not within 2 hours of bed time
- Avoid naps in the late afternoon and evening
- Avoid heavy meals close to bedtime
- Establish a regular bed-time and wake-time schedule
- Go to bed only when sleepy. Try a relaxing bedtime routine.

**\*\* Reference:** - National Sleep Foundation  
- "Normal Sleep and Sleep Hygiene". Pamphlet. Canadian sleep society.  
- American Academy of Sleep Medicine.  
- American Academy of Otorhinolaryngology, Head & Neck Surgery.