STRATEGIES BEFORE BED

**USEFUL DAILY TIPS**

- **TIPS FOR HEALTHCARE WORKERS**
  - **DAILY TIPS**
    - Check-in with coworkers or family to discuss stress regularly.
    - When working at home, define work space and work schedule.
    - During free time, practice your favorite hobby.
    - Get exposure to sunlight and exercise regularly.
  - **NIGHT SHIFT**
    - After a night shift, avoid driving home. Try walking home, taking a taxi, or using a ride-hailing app.
    - Try going to bed as soon as possible after a night shift.
    - Consider taking a short nap before your night shift.

**WAYS TO PREPARE FOR A GOOD NIGHT’S SLEEP**

**DURING THE DAY**
- Get sunlight & exercise to help maintain your sleep schedule.
- Limit or take power naps (15-20 mins).
- Maintain a regular sleep schedule.
- Avoid caffeine especially after noon.

**1-2 HOURS BEFORE BED**
- Save your bed for rest and sexual activity.
- Nicotine, alcohol, and heavy meals can disrupt your sleep.
- Make your room dark, quiet, and a comfortable temperature.
- Avoid news about the pandemic.
- Take a shower or bath before bed.
- Relax with light stretching or tai chi.
- Clear your mind by writing a ‘worry list’ to review in the morning.
- Tips for Screen use
  - Avoid bright light.
  - Use ‘blue blocker’ glasses.
  - Use light-shift mode.

**BEDTIME**
- Keep your bedroom a worry-free zone.
- Make your bedroom a restful space.
- Avoid clock watching when trying to fall asleep.
- Do a light activity in low light when having trouble sleeping.

**PROFESSIONAL SLEEP HEALTH ASSISTANCE**

- **Important to identify And Treat Acute Insomnia Can Worsen Sleep Health.**

**OBTAIN SLEEP HEALTH**

- **WAYS TO PREPARE FOR A GOOD NIGHT’S SLEEP**

**RESOURCES**

- Sleep Health: Canadian Sleep Society (CSS). https://www.sleep-society.ca/
- Sleep Health: Sleep Medicine Facilities in Canada. https://www.sleepmedicine.ca/
- Sleep Health: United States Sleep Foundation (USSF). http://www.sleepfoundation.org/
- Sleep Health: Sleep Health Canada. https://sleepcanada.org/
- Professional Sleep Health Assistance
  - **Strategies**
    - Common Signs
      - Difficulty initiating or maintaining sleep
      - Early morning awakenings
      - Fatigue during the day
    - Lifestyle modification and cognitive behavioral therapy (CBT) is preferred.
    - CBT is considered first line. Speak to your physician or psychologist about therapy.
    - Relax with light stretching, tai chi, or mindfulness.
  - **Medication**
    - Try to avoid over-the-counter or prescription sleeping pills.
    - Avoid hypnotic medications as much as possible. Consider short-term use only.
    - Consider risk benefits and side effects of each medication.
    - Melatonin, paired with other sleep habits, may be useful.
  - **Types of Intervention**
    - High score on a daytime sleepiness scale, e.g., Epworth Sleepiness Scale (>10)
    - Loud snoring, witnessed apneas or a high score on a sleep apnea screening tool, e.g., STOP-Bang (>3)
    - Restless legs or periodic leg movements closer to bedtime.
  - **Tips for Healthcare Workers**
    - **Check-in** with coworkers or family to discuss stress regularly.
    - **When working at home,** define work space and work schedule.
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