

Healthy Sleep Hygiene

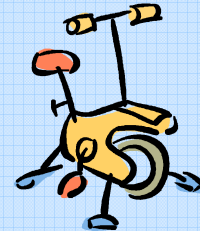
BEFORE BEDTIME



Avoid caffeine, nicotine and alcohol before bedtime

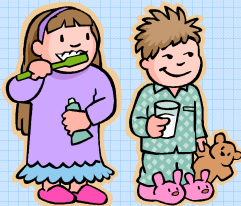


Avoid heavy meals within two hours of bedtime



Avoid energetic exercise within three hours of bedtime

GETTING READY TO SLEEP



Develop a bedtime ritual so that your body knows you are getting ready to go to sleep



Reduce extreme light, temperature, and noise in your bedroom

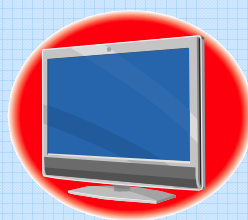


Include an hour of quiet time before bed such as reading, or listening to music

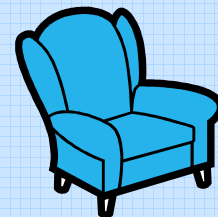
SLEEP TIME



Keep your sleep regular – same bedtime, same rise time. Aim for 8 hours of sleep each night.



Bedrooms are ONLY for sleeping and sex.
How many screens do you have in your bedroom?



If you can't sleep after 20 minutes, get up and do something boring until you feel tired, then try again.

Remember everyone has nights where they can't sleep.
The more you worry, the worse this worry can become.

If you are concerned about your sleep contact your family doctor.

ADHBSleep

Caring for adults with sleep disordered breathing

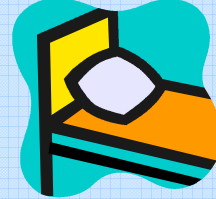
Drowsy Driver Tips



If you feel
tired or drowsy
DO NOT DRIVE



Always follow your
doctor's advice about
your safety to drive



Get a good
night's sleep
before driving



Avoid alcohol
before your trip
& during your trip



Avoid any sedative
medications

*If your current medication
makes you sleepy
speak with your doctor.*



Travel during
NON-SLEEPING
hours of the day



If sleepy
STOP AND REST!
*Drink coffee, walk around
or have a brief nap. Take
a break every two hours.*



Share the driving
with a companion

If you regularly
fall asleep driving:

*Stop driving until the
problem has been resolved*

Speak with your doctor

Notify NZ Transport Agency

It is the responsibility of the
driver **NOT TO DRIVE**
if unfit to drive because
of sleepiness

For further support contact your family doctor.

ADHBSleep

Caring for adults with sleep disordered breathing