

Tips

Sleep Texting



Elizabeth Burgess Dowdell, Ph.D., RN. FAAN

Technology is very seductive. At the end of the day, you need to give yourself permission to really get your sleep. E.B. Dowdell

Tips for a Good Night's Sleep:

- Sleep is an important part of everyday life and healthy sleep habits such as regular bedtimes and wake times, in addition to avoidance of screen-related media in the bedroom should be encouraged.
- Ideally, cell phones should not be in the bed, but out of reach on a table, desk, or bureau placed in the room. Phones as well as tablets, eReaders, and laptops, can be turned off or at least turned to mute. Applications are available that can program the phone to not receive calls during a set period of time or to use
- Avoid drinks that contain caffeine, which acts as a stimulant and keeps people awake. Sources of caffeine include coffee, chocolate, soft drinks, non-herbal teas, diet drugs, and some pain relievers. Smokers tend to sleep very lightly and often wake up in the early morning due to nicotine withdrawal. Alcohol robs people of deep sleep and REM sleep and keeps them in the lighter stages of sleep.
- Relax before bed without technology. For example, a warm bath, reading, or another relaxing routine can make it easier to fall sleep. You can train yourself to associate certain restful activities with sleep and make them part of your bedtime ritual.
- Sleep until sunlight, if possible, wake up with the sun, or use very bright lights in the morning. Sunlight helps the body's internal biological clock reset itself each day. Sleep experts recommend exposure to an hour of morning sunlight for people having problems falling asleep.

Adapted from "When You Can't Sleep: The ABCs of ZZZs," by the National Sleep Foundation. Available at: <http://www.sleepfoundation.org/article/how-sleep-works/abcs-zzzs-when-you-cant-sleep>.

Prepared by: Professor Elizabeth Burgess Dowdell, Ph.D., RN. FAAN

Villanova University, College of Nursing