



Good Sleep Habits & Suggested Reading Material

Royal Ottawa Mental Health Centre

The expert staff at the Royal Ottawa Mental Health Centre's Sleep Disorders Services 'Sleep Lab' offer the following tips for good sleep habits and suggested reading material about improving sleep quality.

Please note that this sheet is intended to provide information only and does not replace the advice of a medical doctor. If you suspect you have a sleep disorder, ask your family doctor for a referral to a sleep disorders centre where they can assess your unique situation.

Good Sleep Habits

- Get up at the same time each morning! Even if you fall asleep very late you should still get up at the same time each morning.
- Go to bed only when you feel tired.
- Develop relaxing pre-sleep rituals such as reading, taking a bath, brushing your teeth, letting the cat out, etc.
- Use the bed only for sleep and sexual activity.

- To avoid 'Sunday night insomnia-Monday morning blues' — don't stay up late on weekends and then sleep in.
- Avoid caffeine and alcohol within six hours of bedtime. Don't smoke at bedtime.
- Hunger may disturb sleep so you might try a light snack before bed. A glass of warm milk contains a natural sleep aid called tryptophan.
- Exercise regularly. Get vigorous exercise such as jogging, either in the morning or afternoon, and mild exercise such as walking, two to three hours before bedtime.

Suggested Reading Material

You can purchase these books online through sites such as www.chapters.indigo.ca or www.Amazon.com.

- ***The Promise of Sleep:*** William C. Dement & Christopher Vaughan (1999). A pioneer in sleep medicine explains the vital connection between health, happiness, and a good night's sleep. Most of us lead busy lives, and often it is sleep we do without. However, healthful sleep is the most

Fast Facts

- To learn more about the Sleep Lab, please see the fact sheet 'About the Royal Ottawa Mental Health Centre's Sleep Disorders Services'.
- To learn more about sleep disorders, please see the fact sheet 'About Sleep Disorders'.
- For answers to frequently asked questions, please see 'Ask The Sleep Lab Staff — Parts 1, 2, 3 and 4'.

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important factor in leading a long life. This book examines various illnesses that can arise from ignoring sleep, from heart disease to traffic accidents caused by fatigue. It includes self-tests that will help you gauge how much sleep you need, the truth about sleeping aids and helpful advice on how to get rid of insomnia.

- ***No More Sleepless Nights:*** P.Hauri and S. Linde (John Wiley & Sons, Inc., New York, 1990). Dr. Peter Hauri developed his easy-to-use, internationally acclaimed sleep therapy program at the Mayo Clinic. This book offers step-by-step suggestions and explores the root causes for insomnia as diet, environment, stress, smoking and drinking.
- ***Relief from Insomnia: Getting the Sleep of Your Dreams:*** C. Morin (Doubleday Inc, New York, 1996). Offers concrete and practical answers for relief from tossing and turning, this user-friendly, accessible book features the steps necessary to regulate and control insomnia. It also includes sections on sleep problems of children and the elderly and disorders such as apnea and narcolepsy
- ***All I Want is a Good Night's Sleep:*** S. Ancoli Israel (Mosby-Year Book Inc., New York, 1996). This easy-to-read, informative book clearly explains common problems associated with sleep and strategies for dealing with them. It defines normal sleep patterns and methods used to diagnose disorders. Common disorders are explained, including those affecting children and older adults. Drugs and clinical treatment of serious disorders are also covered.
- ***Phantom of the Night: Overcome Sleep Apnea and Snoring — Win Your Hidden Struggle to Breathe, Sleep, and Live:*** T. Johnson and J. Halberstadt (New Technology Publishing Inc., 1996).
- ***Sleep and Aging — A Research-based Guide to Sleep in Later Life:*** Kevin Morgan (John Hopkins University Press, Baltimore,



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1987). This book offers a consistently and commendably balanced approach to the care of older people in terms of improving the quality of their sleep.

For more information about the Sleep Disorders Services, please call 613.722.6521, ext. 6226, or visit www.rohcg.on.ca.

Contact Us

Sleep Disorders Services

**Royal Ottawa Mental
Health Centre**

1145 Carling Avenue
Ottawa, Ontario K1Z 7K4
Ph: 613.722-6521, ext. 6226
Fax: 613.722.5048
Web: www.rohcg.on.ca