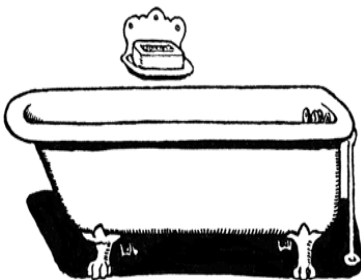
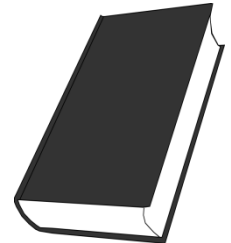


Good sleep is necessary for stroke recovery. Many things can disrupt sleep patterns and it is normal to have poor sleep once in a while; however, continued poor sleep contributes to daytime tiredness, low energy, heightened emotions, decreased concentration and increased depression. If sleep is a problem for you, practice the following tips.

- Work towards a regular sleep routine. Have a standard bedtime and try to get up at the same time everyday regardless of how poorly you sleep. Daily routine is important for all patients; keep your daytime routine the same even if you've had a poor night's sleep.
- Have a calming routine of things you do every night to get ready for bed.
 - A warm bath 1-2 hours before bed helps sleep by cooling the body.
 - Turn off all screen devices (phone, tablet, TV) at least 1 hour before bed.
 - Do things that relax you. This may include relaxation techniques, meditation, reading or calm conversation. Repetitive activities, like counting backwards, or thinking of safe moments and pleasant memories can be helpful. You may like to use sleep stories, relaxing sounds, or sleep meditation apps (CALM, Headspace, YouTube, etc.)



- Keep a good sleep space, if possible, a cool, dark, quiet room. Earplugs, eyeshades and white noise (fan) may be helpful. You may like ambient noise, like rain, thunder, waves, etc.
- Be aware of what you eat and drink. A light snack (milk, bananas or peanut butter are good choices) can be useful but try not to eat a large meal close to bedtime. Reduce your daily consumption of caffeine, alcohol, tobacco, and other drugs especially close to bedtime.
- Save your bedroom for sleep, relaxation and intimacy (no work, TV or video games).
- Try not to dwell on intense thoughts or feelings before bedtime.
- If you do not fall asleep after 20 minutes, go to another room and do something relaxing like painting, drawing, or reading until you feel sleepy, then try again. Repeat if necessary.



- Spend time in nature and get fresh air regularly, if possible.
- Actively participate in therapies and be active when possible and as recommended by therapists.
- Napping can be an important part of managing fatigue after a stroke; however, it might also affect your night sleep. Talk to your occupational therapist or other health professional regarding recommendations for you.

- Discuss the use of any sleeping medication or natural remedies with your doctor or nurse practitioner.



Adapted from:

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