

Healthy Sleep-Wake Habits

Practicing healthy sleep-wake habits can be a powerful tool in helping patients manage their symptoms related to narcolepsy.¹ You can review these and other healthy sleep-wake habits with your patients to help promote better quality sleep¹⁻⁴:

Do

- ✓ **Get enough hours of sleep at night**
- ✓ **Practice consistent nighttime and morning routines, such as waking up at the same time every day**
- ✓ **Take brief, scheduled naps during the day**
- ✓ **Create a sleep environment that is free of noise or bright light**
- ✓ **Keep a sleep log that details the timing and duration of sleep each day and night**
- ✓ **Use wrist actigraphy to measure sleep patterns and circadian rhythm**

Don't

- ✗ **Use electronic devices (eg, television, tablet, smartphone, laptop) close to bedtime**
- ✗ **Consume alcohol, caffeine, tobacco, and heavy meals several hours before bedtime**
- ✗ **Consume sweets and carb-heavy meals in the morning and middle of the day (to help improve daytime alertness)**



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References

1. Bhattarai J, Sumerall S. *Sleep Sci.* 2017;10(1):19-27. **2.** Chang A-M et al. *Proc Natl Acad Sci USA.* 2015;112(4):1232-1237. **3.** Nevsimalova S. *Curr Neurol Neurosci Rep.* 2014;14(8):469. doi:10.1007/s11910-014-0469-1 **4.** Garma L, Marchand F. *Sleep.* 1994;17(suppl 8):S97-S102.