Healthy Sleep-Wake Habits



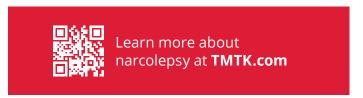
Practicing healthy sleep-wake habits can be a powerful tool in helping patients manage their symptoms related to narcolepsy. You can review these and other healthy sleep-wake habits with your patients to help promote better quality sleep¹⁻⁴:

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
- X 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)



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.

