



uchealth

Sleep Well Show Notes

In this episode...

Part 1:

- Advice on how to fall back asleep if you wake up in the middle of the night.
- The effects on our health of not getting enough sleep.
- Causes of insomnia.
- How COVID-19 has impacted our sleep.
- The importance of sunlight on sleep.
- The impact of alcohol and caffeine on sleep.

Part 2:

- Sleep apnea: What is it? Who is at risk? When to seek help?
- Sleep-tracking devices
- Napping
- How age affects sleep
- Tips for a better night's sleep (see below)

Dr. Green's top 5 tips for a better night's sleep:

1. Establish a routine and stay consistent with a general bedtime and wake-up time every day, even on the weekend.
2. Exercise regularly (but make sure it's always more than 2 hours before bed).
3. Watch your caffeine intake and avoid caffeine after noon.
4. Unplug from blue light devices at least 30 minutes to an hour before bedtime.
5. Expose yourself to sunlight and get outside when possible to help ensure your internal body clock stays healthy and preps your brain for sleep.

Links:

uchealth.org/provider/katherine-green-md-ms-sleep-otolaryngology-medicine/

uchealth.org/today/cant-sleep-specialists-help-to-bring-insomnia-into-the-light/

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