



# Getting a Good Night's Sleep

The Diagnostic Sleep Center of LaPorte Regional Health System specializes in the evaluation, diagnosis and treatment of sleep disorders, including:

- ▶ Insomnia - Inadequate quantity or poor quality of sleep.
- ▶ Narcolepsy - Neurological sleep disorder that causes episodes of sleep at inappropriate times and/or places.
- ▶ Periodic Limb Movement Disorder (PLMD) - Recurring involuntary limb movements during sleep.
- ▶ Restless Leg Syndrome (RLS) - The urge to move the legs or walk.
- ▶ Problem sleepiness - Interferes with an individual's ability to function or accomplish daily routines.
- ▶ Sleep Apnea - Brief, to sometimes long, interruptions of breathing during sleep.
- ▶ Snoring - Upper airway noise usually associated with impairment in the free flow of air and can lead to apneic events.

It's always wise to talk to your healthcare provider about any sleep issues. Here are some general tips to improving your sleep health.

- ▶ Avoid caffeine, nicotine and alcohol in the late afternoon and evening.
- ▶ Take a power nap (15 to 45 minutes) during early afternoon hours, but not for more than 45 minutes.
- ▶ Exercise regularly, but do so at least three hours before your bedtime.
- ▶ Establish a regular, relaxing bedtime routine that will allow you to unwind.
- ▶ Do not use your bed for any waking or non-relaxing activities.
- ▶ Consider your sleep environment. Make it as pleasant, comfortable, dark and quiet as you can.
- ▶ If you can't go to sleep after 30 minutes, get up and find a relaxing activity.

*- Source: National Sleep Foundation*

**For more information, contact the Diagnostic Sleep Center of La Porte Regional Health System at (219) 326-2377 or visit [www.laportehhealth.org](http://www.laportehhealth.org).**