

nras

National Rheumatoid
Arthritis Society

*Working for a better life for people
living with Rheumatoid Arthritis*

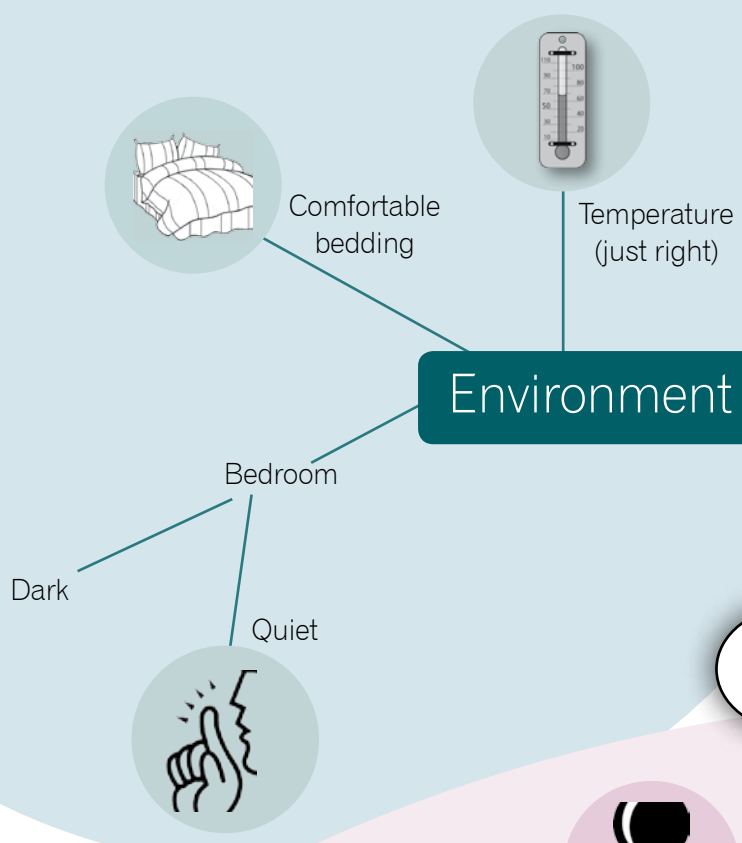
Sleep Hygiene



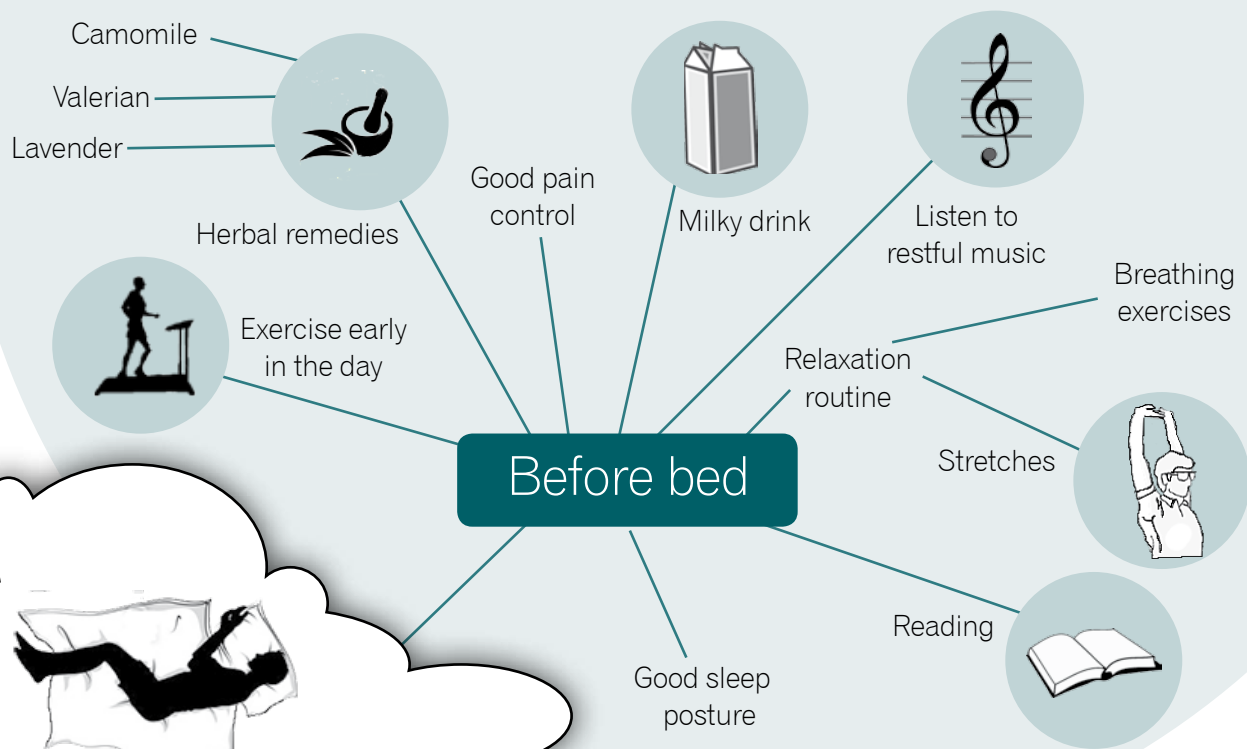
Your sleep
environment
Things to avoid
Relaxing exercises
Sleeping positions
Helpful hints



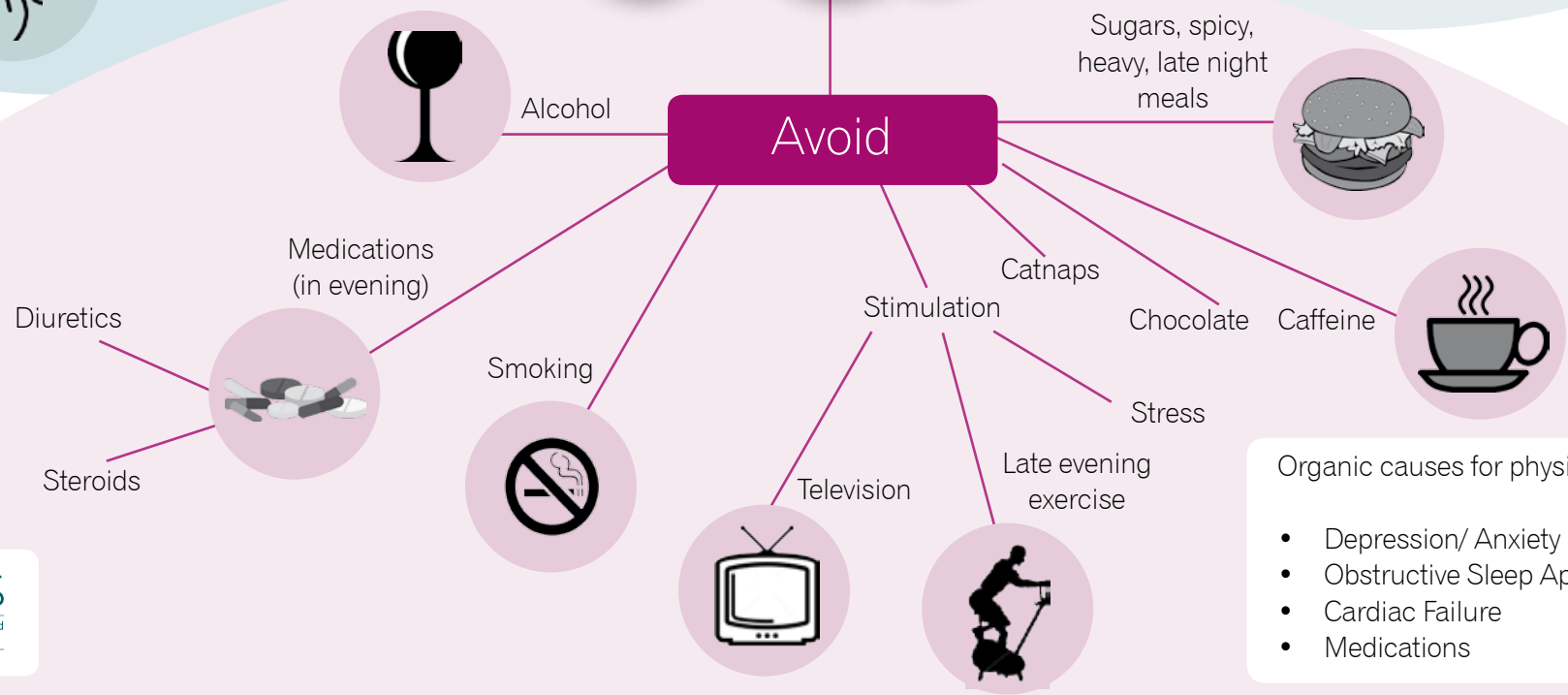
Environment



Before bed



Avoid



- Organic causes for physician to consider
- Depression/ Anxiety
 - Obstructive Sleep Apnoea
 - Cardiac Failure
 - Medications

Relaxing exercises

Hold each position for 2 minutes.

Inhale deeply and exhale slowly. Relax.

Total
6 Min

Sit comfortably cross-legged.
Rest your hands on knees.
Breathe in and out for 2 minutes.



Hug your knees to your chest.
Breathe in and out for 2 minutes.



Stretch forward as far as you can
and tuck your head in. Breathe in
and out for two minutes.



Sleeping positions

Your mattress should be comfortable for you.
Your neck should be in a neutral position (Fig 1).

On back, with neck in neutral
position (Fig 1)



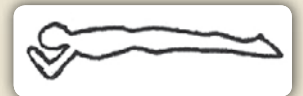
Side posture, with flexed
knees, which decreases the
low back curve



A pillow which is too high
overstretches the neck, arms
and shoulders



Facing downwards stretches
and tires the neck and upper
shoulder muscles



Helpful hints

1. Prepare yourself before going to bed:-

- Take exercise early in the day
 - Avoid spicy or heavy food or caffeine in the few hours before you retire
 - Have a milky drink before bed
 - Relax by listening to restful music, or completing relaxation exercises
 - Make sure your bedroom is quiet and bed comfortable
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2. Go to bed only when you are sleepy.

3. Use your bed only for sleeping.

Avoid eating, reading and watching television in bed.

4. When in bed, relax and do not think about worrying issues. Identify all your worrying thoughts by writing them down on a piece of paper and leaving it downstairs.

5. If you have not fallen asleep in about 15-20 minutes, go to a different room and do something different such as reading. Return to bed after a break when you feel sleepy.

6. Avoid catnaps during the day. Try to establish a regular routine for going to bed and getting up.



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