



Blue-blocker glasses

## Insomnia Guidelines

### *I just can't fall asleep. What can I do?*

Almost everyone has trouble sleeping from time to time. Some of the most effective ways to deal with insomnia involve behavioral techniques that do not involve medications.

- Try wearing “blue-blocker” orange colored shield glasses for 3-4 hours before bedtime. This blocks “blue” light that comes from TV, electronics like tablets or phones, and the new types of light bulbs. Blocking this light makes artificial darkness, so the brain prepares for good natural sleep. There regular styles, and styles that “Fit-Over” prescriptions glasses. Find in drug stores or the internet. Style UVShield 40 bronze lens glasses available in the Kaiser Vision Essentials center.

Improving your sleep “hygiene” or habits is very effective in improving sleep. Behavioral changes are more effective for insomnia than medications.

- Wake up around the same time every day, even on weekends. Get sunshine exposure (outside is best) after waking for at least 30 minutes. This sets your internal clock for the day, and helps night sleep.
- Avoid naps, keep busy in the day.
- Exercise regularly, but NOT within 4-6 hours of bedtime.
- Avoid caffeine (especially after noon), tobacco, and medicines that keep you awake.
- No alcohol within 4 hours of bedtime. It stops your brain from making natural sleep hormones.
- Drink less fluids in the evening to avoid waking up often to use the bathroom.
- Reduce stress. Schedule “worry time in the day”. Night worries can be delayed until the next day.
- Relax and wait until you are sleepy to go to bed. Try to keep same bedtime routine.
- Your bedroom should be quiet, dark, and cool with a comfortable bed to optimize sleep.
- Reserve the bed for only sleep and sexual activity.
- When you get in bed, think positive thoughts and practice gratitude to calm you.
- Do not look at a clock or check the time once you get in bed. Set an alarm (not visible) to wake up. Time checking increases anxiety and cause frequent awakenings.
- If unable to sleep within a reasonable time, and you get anxious or worried about sleep, get up and do a simple relaxing activity such as word-search puzzles or adult coloring book in a different room, in very low light, until you are sleepy. Do not stay in bed trying to make yourself fall asleep. Do not read, watch TV or use electronics after bedtime.
- Avoid watching TV or using a computer or any electronics in bed. They do NOT help you get sleepy. These activities stimulate your mind and wakefulness.

If you experience persistent or periodic trouble sleeping, you may enroll in our

**Sleep Well, Live Well, Healthy Living Program**  
**Join us for a four weeks of two-hour sessions,**  
**to learn how to get a good night's sleep:**

- Understand the basics of sleep
- Learn ways to improve how well you sleep
- Calm your body and mind naturally
- Create a healthy sleep environment

Registration is required. Please call your local Kaiser Health Education Department to enroll in this series. People report excellent results after attending.

## Other insomnia resources:

On the Kaiser website at:

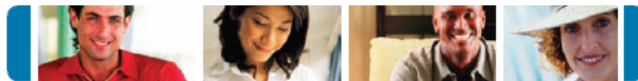
[www.kp.org/sleep](http://www.kp.org/sleep)

This is a web-based Overcoming Insomnia program to help you wake up feeling rested. In this program, you'll learn techniques to adjust your lifestyle and relax both mind and body so that you can sleep better, without medication. After completing a questionnaire, you'll receive a customized action plan organized in 6 convenient 1-week sessions. Each week, you'll monitor your sleep and relaxation patterns, set goals, and track your progress. Participants report very positive results.

Also try:

[kp.org/depression](http://kp.org/depression), or [/pain](http://kp.org/pain), or [/relax](http://kp.org/relax)

## Pain • Insomnia • Depression • Stress



NAME \_\_\_\_\_ DATE \_\_\_\_\_

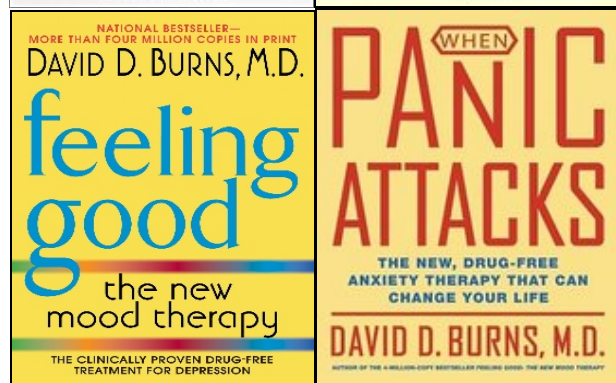
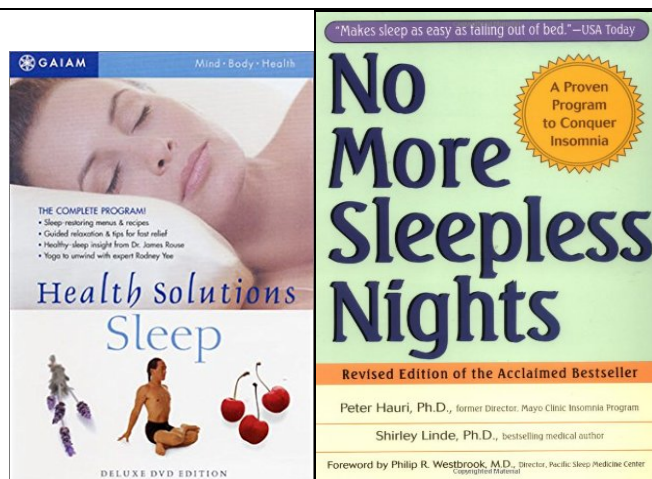
Whether you are managing multiple health conditions or a single health issue, you are not alone. HealthMedia® has developed a suite of programs that can be used together or individually to help you can regain control and enjoy your life to the fullest. These web-based programs will give you useful tips and tools that are specific to your individual needs.

Rx

- HealthMedia® Care™ for Pain
- HealthMedia® Overcoming™ Insomnia
- HealthMedia® Overcoming™ Depression
- HealthMedia® Relax™

To enroll go online at: [www.kp.org/healthylifestyles](http://www.kp.org/healthylifestyles)

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(Signature)



Excellent Books and CDs are available in the Kaiser Health stores and online.

Relaxation programs are on the Kaiser website at:

[www.kp.org/listen](http://www.kp.org/listen)

There are multiple guided imagery podcasts available. You can listen to them directly or download them to your computer. (Be sure to cover your screen to block out the light).

Available podcast options are:

**LIVING HEALTHIER:**

**SLEEP, Relaxation and Wellness**

**EMOTIONAL WELLNESS:**

**Self Confidence, Stress, Anger and forgiveness, Grief, Panic Attacks and Anxiety**

Listening to them is calming and reassuring. They help you develop your relaxation skills.

**Listening to the SLEEP program before bedtime increases deep sleep!**

CDs with guided imagery programs are also available at most stores and on the internet.