

INSOMNIA

Your recent surgery may transiently affect your sleeping habits. Do not worry! Over 100 million Americans are estimated to have occasional sleep problems, and about one in six has chronic insomnia.

To return to your normal sleeping habits and because of the negative side effects from sleep medications, we recommend you follow these guidelines:

Do not take naps during the day. Reduce your intake of fluids after 8:00 p.m. to avoid waking up because of a full bladder. Refrain from evening use of alcohol, caffeine and nicotine. As your operated hip recovers, increase daily physical exercise but refrain from exercising within 3 hours of bedtime. Delay bedtime about 1 hour. Establish a regular wind-down period 1 or 2 hours prior to bedtime. Do not spend more than 7 or 8 hours in bed.

Use the bedroom for sleep and relaxing activities only. Make sure the temperature of your bedroom is comfortable. In general, a cooler room facilitates sleep. Go to bed when drowsy. Read or watch television until very drowsy, then turn the lights off and go to sleep. If not asleep within half an hour, do not try to sleep; instead, engage in a relaxing activity (e.g., reading) and do not attempt to sleep until drowsy again. Repeat this as often as necessary.

Get up at about the same time every day (including weekends), even if you have had a poor night's sleep.

If your sleep does not improve after a few months an evaluation from a sleep clinic may be indicated.

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