



Getting a good night's sleep



Your body needs sleep

At times, everyone has trouble falling or staying asleep. If it happens over a long time, it can become a problem. Lack of quality sleep may affect your mood or your ability to be alert. If you have trouble sleeping, talk to your healthcare provider.

Sleep problems affect millions of Americans every year.



Do you have a sleep problem?



Circle the answer that best matches your experience.

Then, share the results with your healthcare provider.

Does it take you longer than 30 minutes to fall asleep?

Usually | Sometimes | Never

Do you wake up during the night and have trouble falling back to sleep?

Usually | Sometimes | Never

Do you feel tired or stressed during the day?

Usually | Sometimes | Never

Do you find it hard to get comfortable enough to sleep?

Usually | Sometimes | Never

Do you have trouble concentrating or focusing on tasks?

Usually | Sometimes | Never

Are you easily annoyed?

Usually | Sometimes | Never



How much sleep do I need?

A typical adult needs about **7 to 9 hours** of sleep every night to feel alert during the day. Some people need less sleep and some need more.

How to get a good night's sleep

By changing a few of your habits, you might improve your sleep.



Watch when you eat

- Don't eat heavy meals too close to bedtime.
- Don't drink alcohol in the late evening.
- Stay away from drinks containing caffeine later in the day.



Make your bedroom quiet, dark, and comfortable

- Use earplugs or a soft fan to cover background noise.
- Darken the room with heavy curtains or use an eye mask.
- Keep the room at a comfortable temperature.



Practice good sleep habits

- Go to bed and get up at the same time every day.
- If you are not able to sleep, read a book or listen to quiet music.
- Try not to nap during the day, especially after 3 in the afternoon.



Relax at the end of the day

- Do calming activities, such as yoga, knitting, or reading.
- Avoid watching TV or looking at computer screens before bedtime.
- Take a warm bath or shower to relax before going to bed.



Exercise to improve your sleep

- Exercise during the day can improve nighttime sleep.
- Try to get at least 30 minutes of exercise on most days of the week.
- Try not to exercise just before bed. It can make it harder to sleep.



Keep a sleep diary

Use this diary to learn about your day-to-day sleep habits.

Record your responses to the questions every day for one week.

When you've completed the diary, bring it with you to your next healthcare visit.

My sleep diary	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Time I went to bed:							
Number of minutes it took me to fall asleep:							
Number of times I woke up during the night:							
If I woke up, I stayed awake for how long:							
Total number of hours I slept today:							
Time I woke up:							
On a scale of 1 to 5, rate the following:							
Stress level at bedtime (1 = very tense, 5 = very relaxed)							
Thoughts at bedtime (1 = very active, 5 = very quiet)							
How well I slept (1 = poor, 5 = excellent)							
How rested I felt when I woke up in the morning (1 = not rested, 5 = very rested)							



What's keeping you awake?

Place a checkmark next to the questions you can answer with a “yes.” Then, talk to your healthcare provider about the items you checked. He or she might suggest some simple changes to your habits or schedule. These changes could help improve your sleep.

- Do you think about your day when you are trying to fall asleep?
- Are you watching TV or looking at a computer screen before bedtime?
- Do you wake up because of a stuffy nose or wheezing?
- Do you snore?
- Do you suffer from back pain?
- Do you eat shortly before bedtime?
- Do you drink alcohol in the evening?
- Do you drink coffee, tea, or soda?
- Do you use tobacco?
- Does your work keep you from having regular sleep hours?
- Do you often travel across time zones?
- Other _____



Medicines and your sleep

Talk to your healthcare provider if you are taking medicines or supplements and are having trouble sleeping. Do not stop taking any prescribed medicines without first talking to your healthcare provider.



What about sleep aids?

Sleep aids may help if you are having trouble sleeping. Be sure to talk to your healthcare provider before taking any medicine or supplement for sleep.



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