How are sleep disorders treated?

Treatment for sleep disorders can vary depending on the type and underlying cause. However, it generally includes a combination of medical treatments and lifestyle changes.

Medical treatments

Medical treatment for sleep disturbances might include any of the following:

• sleeping pills

• melatonin supplements

• allergy or cold medication

• medications for any underlying health issues

• breathing device or surgery (usually for sleep apnea)

• a dental guard (usually for teeth grinding)

Lifestyle changes

Lifestyle adjustments can greatly improve your quality of sleep, especially when they're done along with medical treatments. You may want to consider:

• incorporating more vegetables and fish into your diet, and reducing sugar intake

• reducing stress and anxiety by exercising and stretching

• creating and sticking to a regular sleeping schedule

• drinking less water before bedtime

• limiting your caffeine intake, especially in the late afternoon or evening

• decreasing tobacco and alcohol use

• eating smaller low carbohydrate meals before bedtime

• maintaining a healthy weight based on your doctor's recommendations

Going to bed and waking up at the same time every day can also significantly improve your sleep quality. While you might be tempted to sleep in on the weekends, this can make it more difficult to wake up and fall asleep during the workweek.