How to get a good night's sleep without medication

INTRODUCTION

This guide has been sponsored by the Michel Saucier Chair in Geriatric Health and Aging at the Centre de recherche de l'Institut universitaire de gériatrie de Montréal, affiliated with the Université de Montréal. The content is reproduced with permission from Charles M. Morin, Ph.D., based on his book *Vaincre les ennemis du sommeil*, published in 2009 by Éditions de l'Homme.

Many people would like to sleep uninterrupted for 10-12 hours per night. Few are lucky enough to achieve this goal. This booklet outlines what is realistic, and how you can get the best night's sleep for <u>you</u> by following 6 simple steps.

6 STEPS TO ENSURE A GOOD NIGHT'S SLEEP

STEP 1 - Start a sleep diary

Familiarize yourself with your baseline sleep profile to help you determine the best strategy to implement.

STEP 2 - Develop good sleep habits

Developing good sleep habits will improve your sleep.

STEP 3 - Dispel myths

Correct any false beliefs you may have concerning sleep.

STEP 4 - Manage daily stress

Various issues have an impact on sleep as you age: medical and psychological issues, medications, lifestyle changes (retirement for example), biological factors, or pain.

STEP 5 - Benefit from good sleep hygiene

Avoid caffeine, nicotine, alcohol and exercises before going to bed. The bedroom should be sleep-inducing: dark, quiet and at a comfortable temperature.

STEP 6 - Taper off sleeping pills

Follow the tapering-off program provided on page 19 under the supervision of your doctor or your pharmacist, if you are currently taking sleeping pills.