



# Beneficial sleep habits and tips for patients with MS

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# Objectives

- How our brains sleep
- What you can do to obtain good sleep



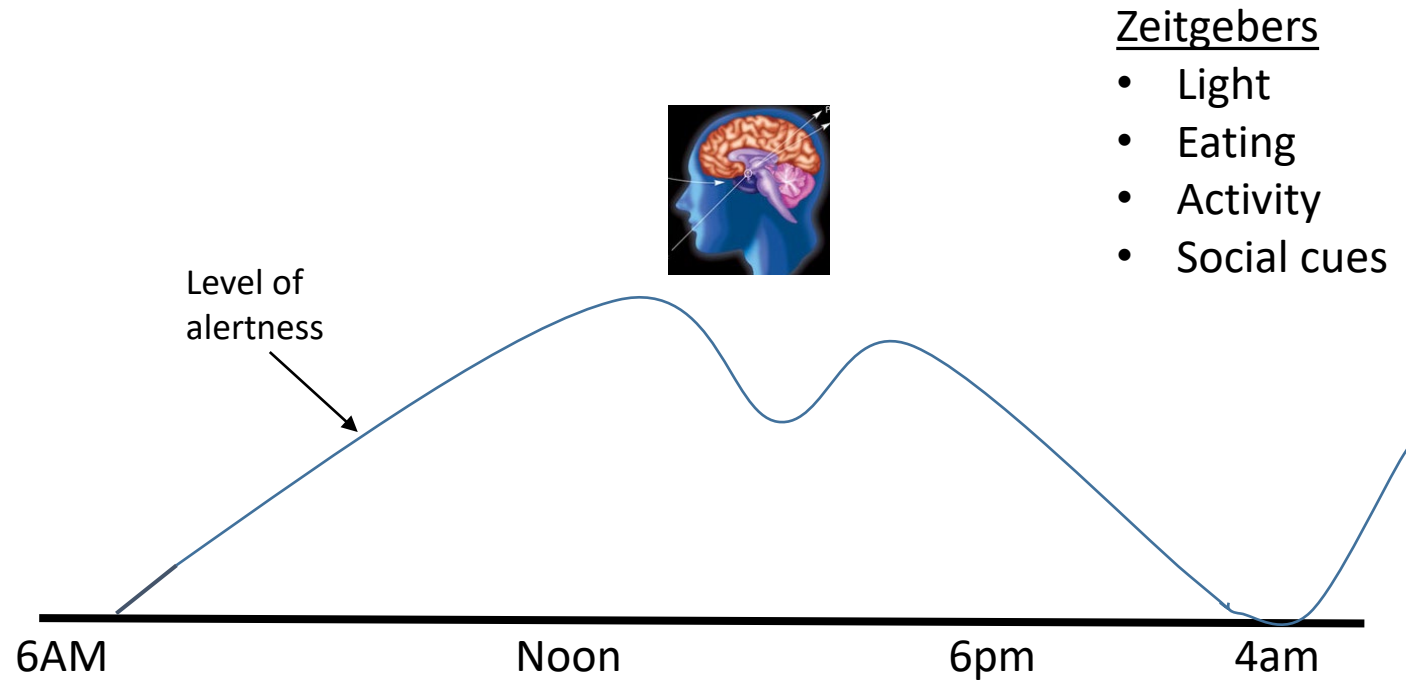
# Two Process Model of Sleep

- Two primary driving forces for sleep
  - Circadian drive
    - Biological sleep clock in the hypothalamus of the brain
  - Homeostatic drive for sleep
    - Sleep debt one accrues the longer they are awake



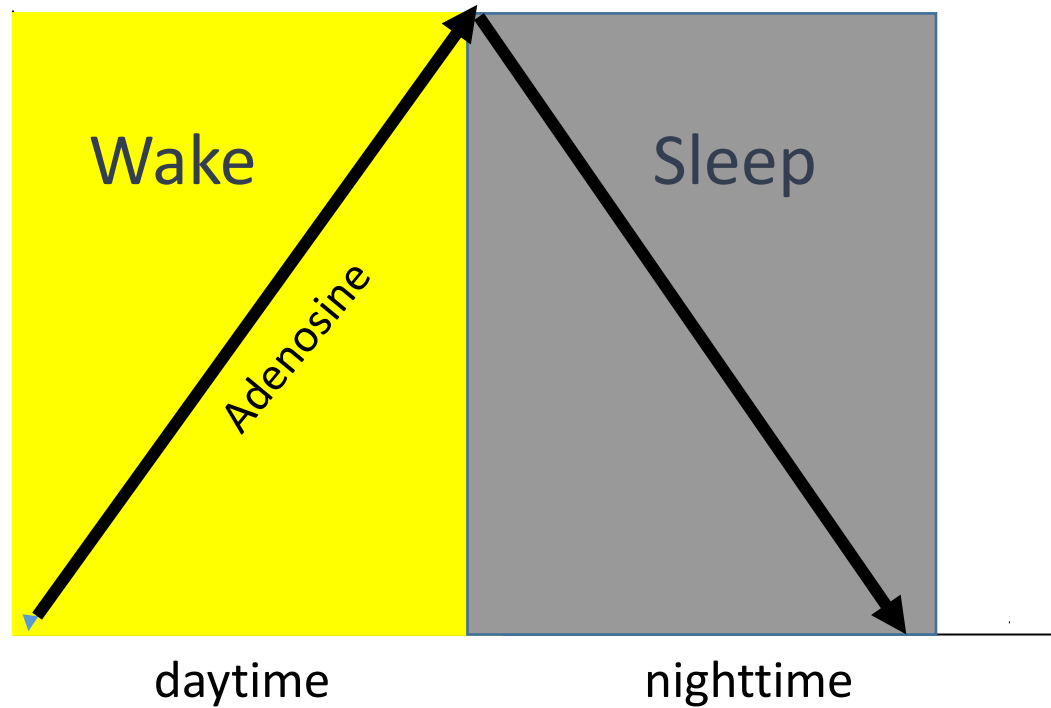
# Circadian clock

“Biological sleep clock” in the brain- set to 24.2 hours

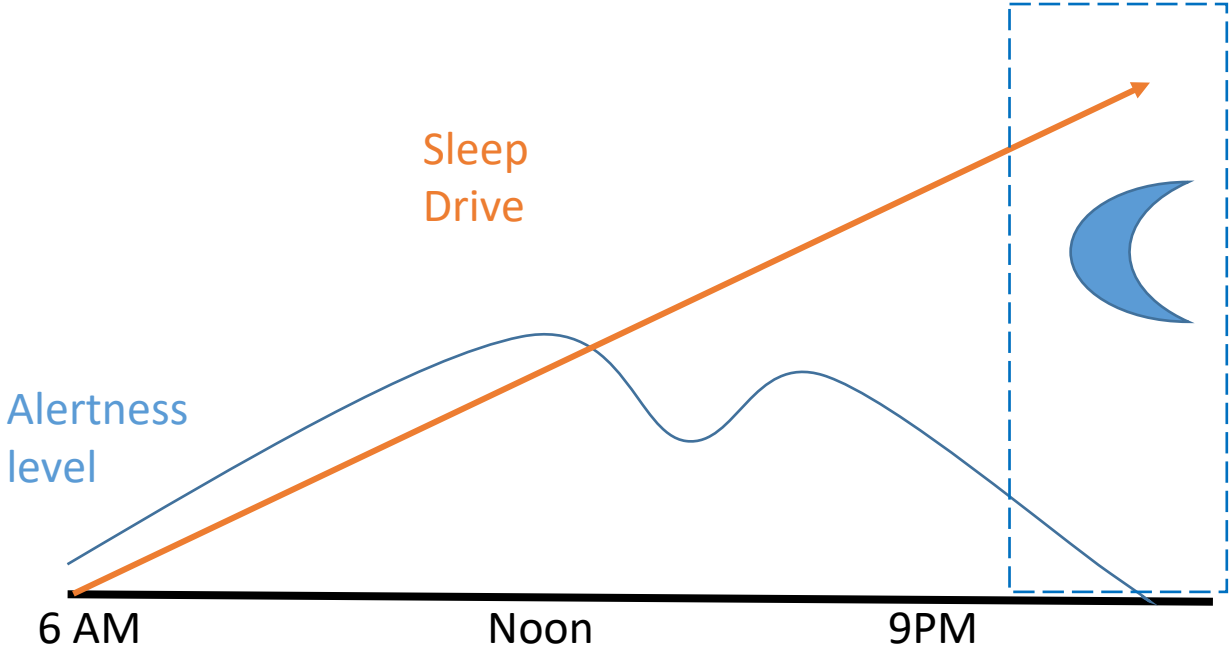


# Homeostatic drive for sleep

Amount of sleep debt a person incurs throughout the day



# Ideal time for sleep

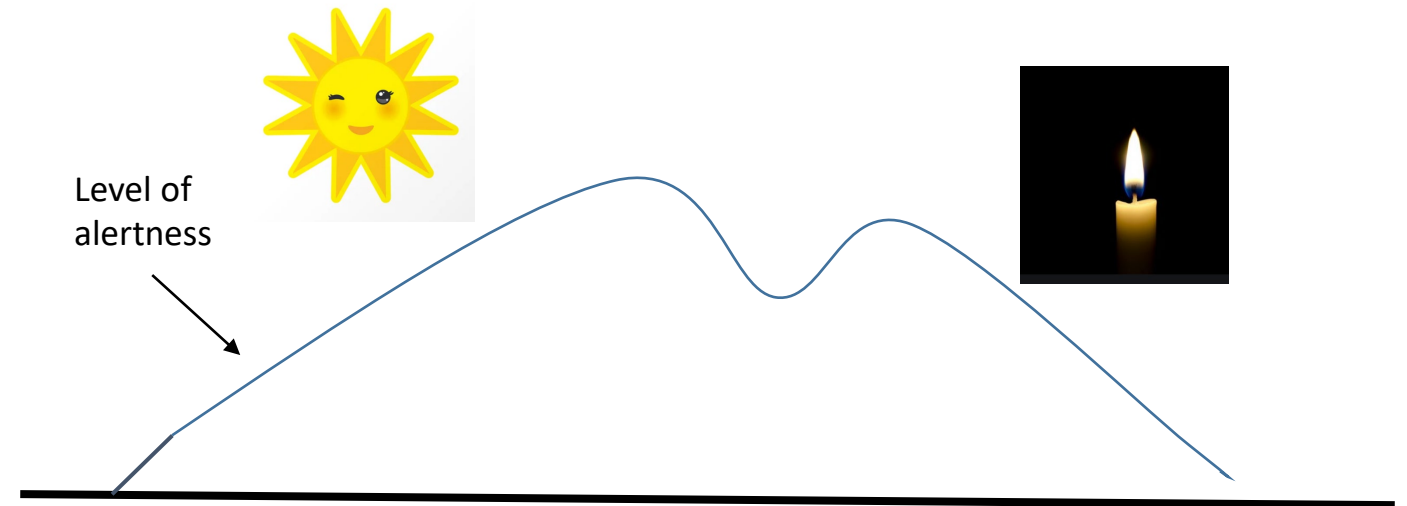


How can we obtain good sleep?



# Entrain your circadian sleep clock

- Bright light when awake

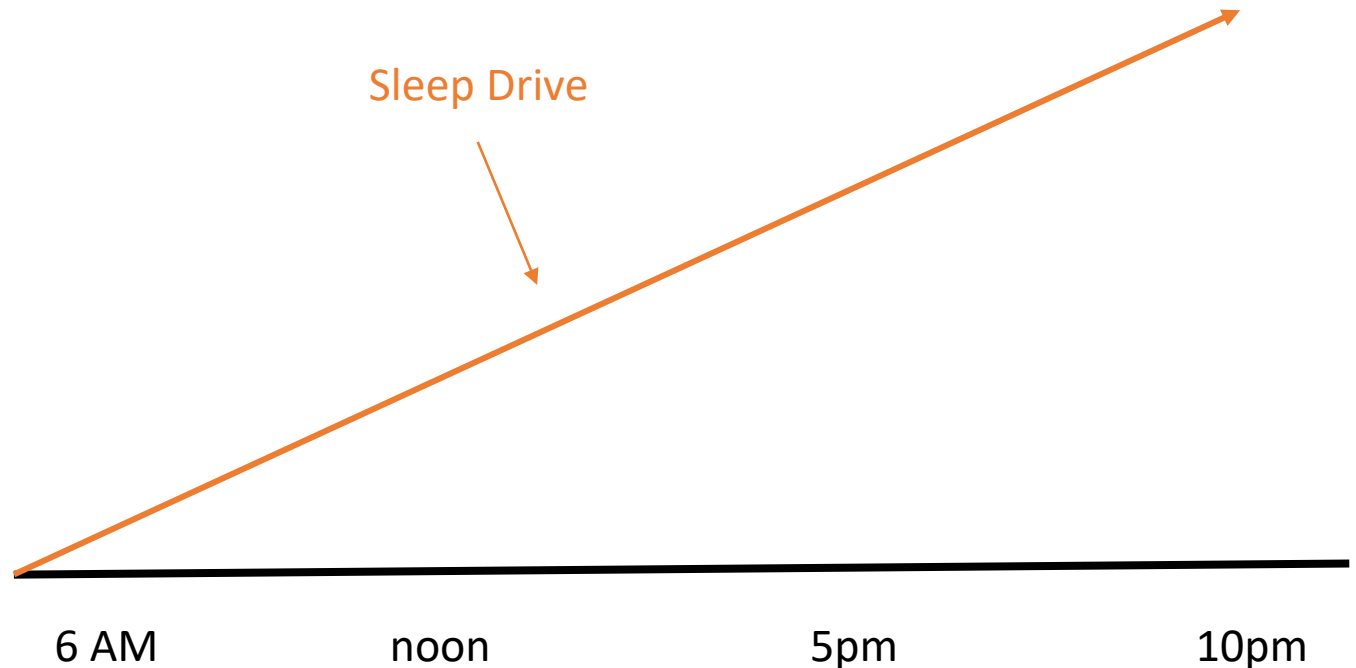


- Dark during sleep time

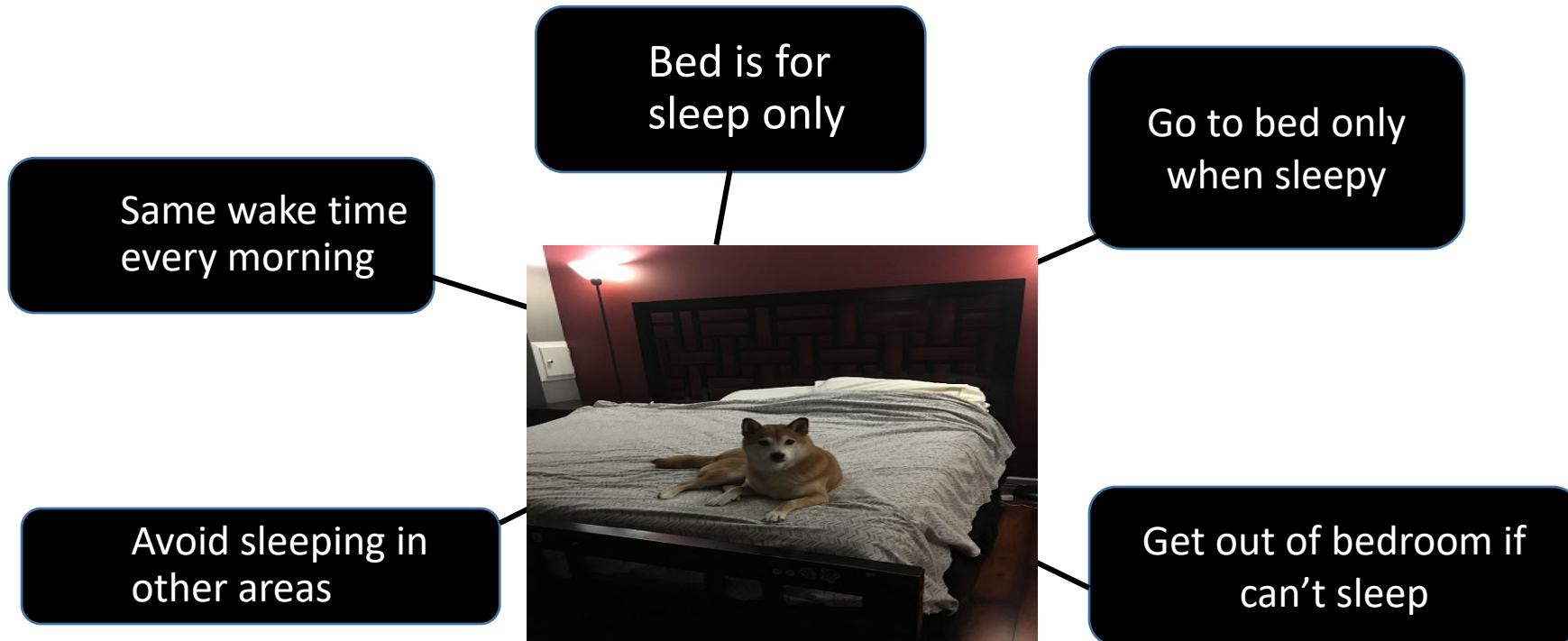


# Build your sleep drive

- Out of bed the same time every day
- Avoid prolonged rest or sleep during the day
- Be engaged and active during the day within your abilities



# Train your brain for sleep:

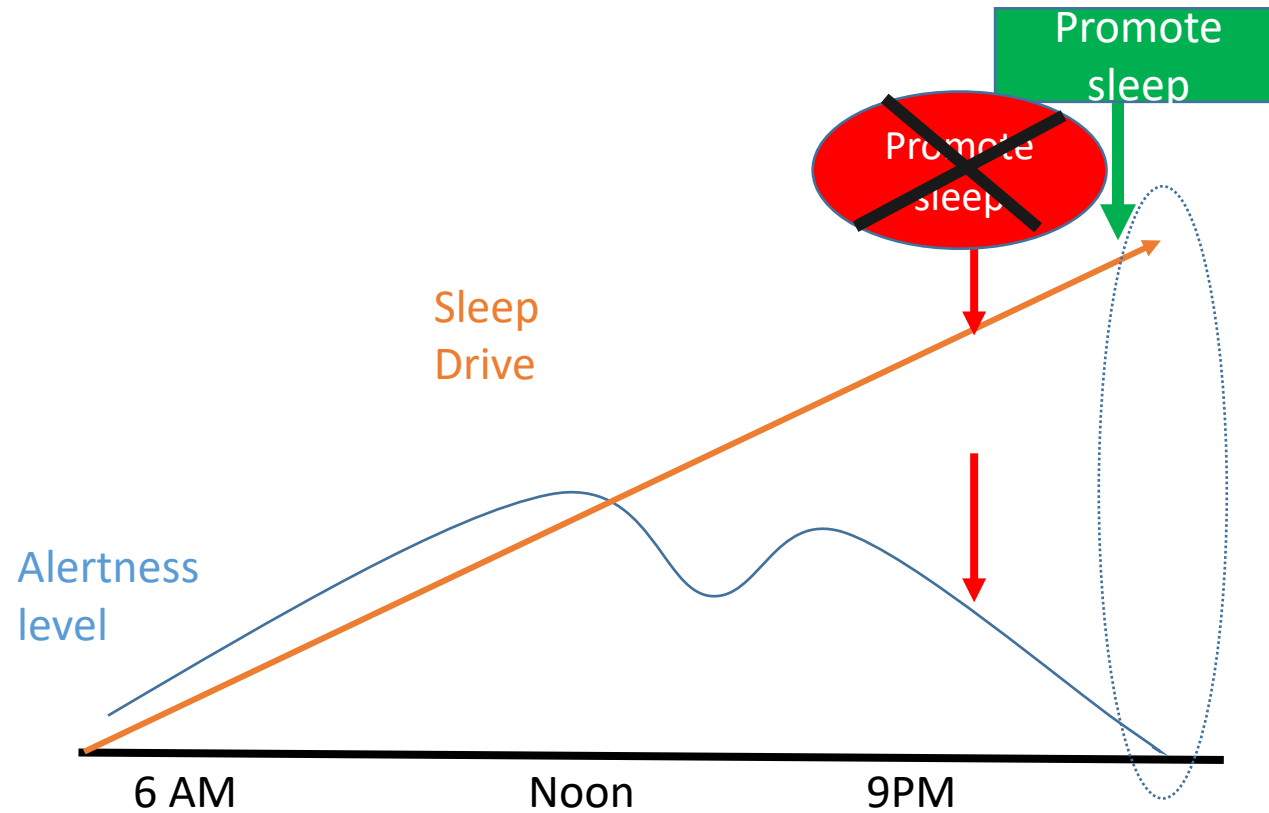


# Other sleep tips:

- Avoid caffeine 10-12 hours before going to bed
- Exercise aids sleep
- Avoid distractors from sleep during bed hours
- Consistent time in and out of bed

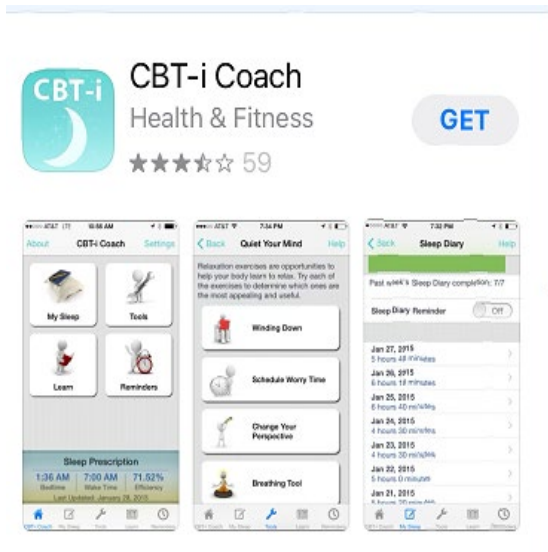


# Timing of sleep medication



# If you have trouble sleeping

- CBT-i coach



- Path to better sleep
  - <https://www.veterantraining.va.gov/insomnia/>

Thank You



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