

## Sleep Better

### LAKEVIEW HOSPITAL SLEEP HEALTH CENTER



The Lakeview Hospital Sleep Health Center is here to help you get your quality of sleep and life back. Our experienced staff is trained and equipped to see almost any kind of adult sleep problem, including snoring/obstructive sleep apnea, insomnia, narcolepsy, restless leg syndrome, REM sleep behavior disorder, sleep problems related to shift workers, teeth grinding, sleepwalking, nightmares, and leg cramping. Please note, you need a referral for a sleep study. The referral can be ordered by your primary care provider or a pulmonary provider at Stillwater Medical Group clinic.

#### Strategies to sleeping better

- Maintain a regular sleep-wake schedule; especially limit “sleeping in”
- Go to bed when sleepy, not just “tired”
- If you are unable to fall asleep within 15-20 minutes, get out of bed for 30 minutes and try again
- Avoid caffeine, nicotine and alcohol after dinner
- Your bed is for sleeping; limit other activities
- Keep electronic devices out of the bedroom
- Exercise and eat well
- Limit or eliminate naps
- Develop a sleep ritual; i.e., begin “winding down” ~ 30 minutes before bed time
- Avoid clock watching

#### Signs you may have a sleep problem

- Consistent difficulty falling asleep (more than 30 minutes) or remaining asleep (more than 30 minutes); excessive waking (more than 3 times a night)
- Frequent or sudden daytime sleepiness/fatigue; unplanned naps
- Reliance on alcohol to fall asleep
- Awakening with choking/gasping/shortness of breath
- Excessive leg movements, kicking, or “restless” legs
- Observed sleep walking/talking/eating/snoring
- Appearing to be acting out dreams



#### Our new location

Lakeview Hospital  
Sleep Health Center  
850 Churchill Street W  
Stillwater, MN



#### For more information

651-439-1234 | [lakeviewhealth.org/sleep](http://lakeviewhealth.org/sleep)

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