

# Patient Education Sheet

## Tips on Sleep for Sjögren's Patients

*The Foundation thanks H. Kenneth Fisher, MD, FACP, FCCP, Internal Medicine, Pulmonary Diseases, Sleep Disorders, Beverly Hills, California, for authoring this sheet*

Dr. Fisher reminds patients that adequate sleep is especially important for those with Sjögren's, saying that sleep deprivation exacerbates daytime fatigue and can affect the immune system.

- ▶ Make sure the bedroom is comfortable, secure, dark, and quiet.
- ▶ Try to maintain good sleep hygiene: Get out of bed at the same time nearly every morning (including weekends) and into bed with lights out at roughly the same time each night.
- ▶ Use the bedroom for sleep and sex: no TV, no "homework," no arguments, no clock watching. Plan for about 8.5 hours of sleep per night or longer if you wake up a lot.
- ▶ Prepare for sleep by using moisturizing gel or vitamin E oil to coat the mouth at bedtime. Consult the Sjögren's Foundation Product Directory – available online, free of charge to all members, for suggestions.
- ▶ Use a moisturizing spray or gel for your dry nose.
- ▶ Use a humidifier at night. Keep the temperature on the cool side to minimize moisture evaporation from the mouth or nose.
- ▶ For GERD (gastro-esophageal reflux disease), follow anti-reflux precautions. Avoid eating at least 3 hours before bed and limit liquids to small sips to keep the stomach empty. Elevate the head of your bed at least 30-45° by raising the bed posts; do not use extra pillows for this.
- ▶ Avoid alcohol or caffeine after 4 p.m.
- ▶ If you are a worrywart at bedtime, make a short list of your major troubles, and write down how you plan to deal with them the next day.

For more information on Sjögren's, visit the Foundation website at [www.sjogrens.org](http://www.sjogrens.org), call 301-530-4420, email [info@sjogrens.org](mailto:info@sjogrens.org), or write to the Sjögren's Foundation, 10701 Parkridge Blvd, Ste 170, Reston, VA 20191

*Clinicians: Please make multiple copies of this Patient Education Sheet and distribute to your patients.*