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.