

Sleep tight: Boosting restorative rest with MS >>>



Many factors can contribute to sleep disturbances. Use this guide to help you find out what could be causing those disturbances, and what changes might help you even if you don't yet know the root causes.

Note: Before making changes to your routines, consult with your MS specialist.

Questions to ask your doctor about sleep disturbances

- What do you think is the cause of my sleep disturbances? Could we rule out causes with tests?
- Could one of my medications be disturbing my sleep? Is there an alternative?
- What sleep-aiding complementary supplements or therapies, such as magnesium or acupuncture, are safe for me?
- Could you refer me to a sleep specialist?
- What exercises are safe for me to do before bed to improve my sleep?

What can aid sleep

- **Therapies:** Acupuncture, supplements (magnesium, bedtime teas, etc.), sleep medication, cognitive behavioral therapy, warm epsom salt baths. Consult your doctor before trying any new therapy or supplement.
- **Exercise:** High-intensity exercise or even stretching can help with sleep. Consult your physical therapist and doctor.
- **Sleep hygiene:** Lower lights, cool your room, read instead of screen time, build a bedtime routine. Don't stay in bed more than 20–30 minutes trying to fall asleep. Leave your bedroom to do relaxation techniques.
- **Optimize cortisol:** Lower your carb and sugar intake, and expose yourself to natural light in the morning

What can hurt sleep

- **Alcohol, and caffeine after noon:** Alcohol interferes with sleep cycles, and caffeine impedes falling asleep.
- **Urination triggers:** Avoid drinking anything 3 hours before bed, and bladder irritants (caffeine, carbonated drinks).
- **Screen time 1 hour prior:** Blue light from screens impedes melatonin production.
- **Large meals before bed:** Large or spicy meals before bed can disturb sleep. Avoid eating 3 hours before bed.

Notes:



Track habits' effects on your sleep



Track habit changes, hunting for patterns that help you to improve your sleep quality. Keep in mind that this trackers does not include all factors that can affect sleep, and patterns should be tracked over many nights to form a strong case for a positive or negative influencer on your sleep. Discuss your plans and results with your doctor.

Sleep Quality Tracker									
Date	Sleep quality (1-10)	Did you take sleep meds or supplements?	Did you avoid alcohol today?	Did you avoid liquids 3 hours before bed?	Did you avoid caffeine after noon?	Did you avoid screens 1 hour before bed?	Did you exercise today?	Did you meditate before bed?	Other notes

Picking up on any patterns?

