

Strategies to Improve your (*your child's*) Sleep

Some people with tinnitus report that their tinnitus interferes with their ability to get a good night's rest. The following strategies may help you (*your child*) get a better night's sleep.

1. Daytime activities to facilitate sleep
 - (*have your child*) Get regular exercise, at least 3-4 hours prior to sleep
 - Do not (*let your child*) nap
2. Evening activities to facilitate sleep
 - Create a curfew between day and night (at least 1.5 hrs before bedtime)
 - Avoid stressful activities and exercise before bedtime
 - Avoid caffeine and alcohol for several hours before going to bed (This applies to adults only)
 - Avoid large meals and spicy foods close to bedtime
 - Only go to bed when you are tired enough to sleep (This applies to teens and adults only)
3. Find ways to relax and reduce your (*your child's*) worrying at bedtime
 - Set aside a time at least 1 hour before bedtime to write down your worries (*talk with your child about their worries*) and then deal with them in the morning
 - Keep pen and paper by your (*your child's*) bed to write down any additional concerns you have
 - Consider using relaxation techniques
 - Progressive muscle relaxation
 - Imagery training
4. Consider the arrangement of your (*your child's*) bedroom
 - Eliminate the computer, television, food/drink, etc.
 - Be sure you (*your child*) have a comfortable mattress, pillows, and blankets
 - Darken the bedroom
 - Set the temperature to 58° to 68° F
5. Prepare for sleep using sound
 - Choose soft, relaxing sounds
 - Try using nature sounds, broadband noise (static or white noise), or motor noise (fan, humidifier, etc.)
 - Consider a pillow speaker if you are concerned that sound will disturb your spouse/partner (*other children in the bedroom*) or use a timer to shut off after a set period of time
 - Turn sound on during the night if wake up and tinnitus is a problem
6. Waking up at night
 - If you (*your child*) are unable to fall back asleep, find (*give him/her ideas of*) something relaxing to do and return to bed when you feel sleepy
 - Use background sound to reduce the prominence of your (*your child's*) tinnitus
7. Waking up in the morning
 - Get up (*wake your child up*) at the same time every day
 - Sunlight will help you (*your child*) wake up