Advanced Respiratory & Sleep Medicine SKAND Corporation
Pulmonary/Critical Care/Neurocritical Care/Sleep Medicine
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Sleep Hygiene: Strategies for Better Sleep

1. **Maintain a consistent sleep schedule**, including weekends. Aim for at least **8 hours of sleep** per night.
2. Avoid substances that interfere with sleep, including **caffeine, alcohol, nicotine, and sugary desserts**.
3. Get **15–30 minutes of morning sunlight** exposure daily to help regulate your circadian rhythm.
4. Exercise regularly, at least **30 minutes, three times per week**, preferably in the **morning**. Avoid exercising in the evening, as it may disrupt sleep.
5. **Avoid daytime naps**, as they can interfere with nighttime rest.
6. Finish dinner **at least four hours before bedtime** and avoid late-night snacking, as digestion can disrupt sleep.
7. **Minimize screen time** (TV, computer, tablet, phone) at least **one hour before bed** to reduce blue light exposure.
8. **Establish a relaxing bedtime routine**, such as stretching, taking a warm bath, or reading.
9. **Elevate your head slightly** with an extra pillow if comfortable.
10. **Reserve your bed for sleep only**—avoid using it for watching TV or working.
11. If unable to fall asleep within **30 minutes**, leave the bed and engage in a **relaxation technique** (e.g., meditation) until drowsy before returning to bed.
12. Create a **dark, cool, quiet, and comfortable** sleep environment.
13. Recognize that **quality sleep is essential** for mental, emotional, and physical health. Chronic sleep deprivation can cause **hormonal imbalances and other health issues**. Prioritizing sleep is a crucial part of overall well-being.

Behavior Modification for Insomnia: Resetting Your 24-Hour Body Rhythm

1. **Establish a Consistent Wake-Up Time**
    - Choose a fixed wake-up time, such as **7:00 AM**, and stick to it every day.
2. **Set a Regular Bedtime**
    - Determine a bedtime that allows for adequate rest, such as **10:00 PM**, and maintain this schedule consistently.

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3. **Address Difficulty Falling Asleep**
    - If you are unable to fall asleep within **30 minutes**, get out of bed and engage in a **relaxing activity**. Do not return to bed until you feel drowsy.
4. **Use Relaxation Techniques**
    - Before returning to bed, practice **meditation, deep breathing, or other sleep relaxation methods** to encourage drowsiness.
5. **Commit to Your Wake-Up Time**
    - Once you feel very drowsy, return to bed and ensure you wake up at your designated time, even if you slept very little.
    - If you are unable to sleep until close to your wake-up time, **still get up at the set time**—this helps regulate your circadian rhythm.
6. **Avoid Compensating for Sleep Loss**
    - Do **not** sleep in to make up for a short night's sleep. Wake up at your designated time regardless of how much sleep you got.
7. **Manage Daytime Fatigue Without Napping or Stimulants**
    - If you feel tired the next day, **avoid napping and caffeine**.
    - Instead, engage in **light physical activity**, such as walking or exercising, to help you stay awake until bedtime.
8. **Be Patient and Consistent**
    - Repeat this process daily until your body naturally adjusts to your set bedtime and wake-up time.
    - Resetting your circadian rhythm takes time, so be patient and stay committed to the routine.

By following these steps, you are actively supporting your overall **health and well-being** through better sleep habits.

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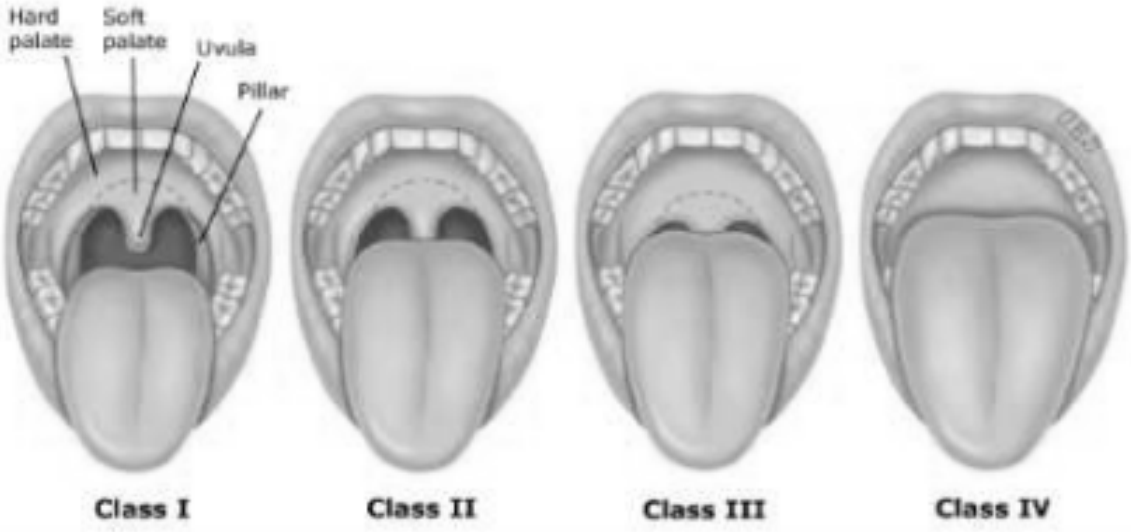

The modified Mallampati classification[1] is a simple scoring system that relates the amount of mouth opening to the size of the tongue, and provides an estimate of space available for oral intubation by direct laryngoscopy. According to the Mallampati scale, class I is present when the soft palate, uvula, and pillars are visible; class II when the soft palate and the uvula are visible; class III when only the soft palate and base of the uvula are visible; and class IV when only the hard palate is visible.

Friedman tongue positions (FTP)