

Importance of Sleep with Individuals with Dizziness

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Patient Fact Sheet

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Difficulty sleeping is common in people with diagnoses including cancer, diabetes, weight gain, and heart disease. Keeping a regular sleep routine is also important for individuals with inner ear problems and dizziness. Lack of sleep is a major trigger for migraines including vestibular (inner ear) migraines. Those who have concussions also have difficulty falling asleep or staying asleep, which can make their dizziness worse. Adults with positional vertigo (BPPV) may not have good quality sleep because they are either afraid to move in bed or use extra pillows to prevent dizziness. Eight hours of sleep is suggested for maximum benefit.

Tips for Good Sleep Hygiene

1. Keep a regular sleep routine, even on weekends and vacations
2. Don't exercise too late in the day
3. Avoid caffeine and nicotine before bed
4. Avoid alcoholic drinks before bed
5. Avoid heavy meals and beverages before bed
6. Avoid medicines that delay or disrupt your sleep
7. Don't nap after 3 PM
8. Make sure you leave time to relax before bed; as well as turn off bright lights or electronic devices at least 30-60 minutes before bedtime
9. Take a hot bath before bed
10. Make sure your bedroom is dark and the room temperature is cool
11. Get plenty of sunlight exposure during the day
12. Don't stay in bed if you cannot sleep- get up and read, draw, or do any other calming activity in low light
13. Do not use your bed for watching TV or activities on your computer/phone
14. Exercise and physical activity during the day can help the quality of your sleep

Gadgets such as cell phones and computers can give off light that can decrease the melatonin in the brain which helps sleep/wake cycles. You can set your computer or phone to use the night light or blue light filter setting to prevent dizziness and sleep loss

Reference:

<https://fastlife hacks.com/matthew-walker-12-tips-for-good-sleep/>