

# Sleep Case Assignments (Answers)

## **CASE #1 ANSWER:**

First, it's a good idea to knock out some of the things that directly work against her goal of sleeping well. Along these lines, recommend to the patient that she dim lights around the house in the evening and work on getting the household to a point where she doesn't necessarily need to be working so hard in the evening, even if that means getting some help from her husband, organizing the household so that a lot of these tasks get done on the weekend, or even hiring help. Also encourage the patient to cut down on her screen time to help melatonin production. Though ideally she would watch less TV at night, at the very least recommend that she wear orange glasses to block some of the blue light exposure.

Verify that the patient is eating an appropriate number of calories to support her activity. She may want to try a bedtime snack consisting of carbohydrates and fat to see if this helps keep her blood sugar stable over the course of the night and thus doesn't result in frequent awakenings.

B.T. should also work on her stress level, as it sounds like work is particularly stressful. Encourage the patient to incorporate a mind-body activity that she enjoys for at least a few minutes every day.