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**Sleep after Stroke**

Sleep disorders are common after stroke and can put you at risk for a second stroke

Sleep disorders are treatable and the first step in management is recognition

 **Symptoms Common Disorders Intervention What to do**

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**Sleep Hygiene Strategies**

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| * Establish a consistent bedtime routine
* Go to bed and get up at the same time every night
* Use your bed for only sleep and sex
* Turn off electronics (TV, phone, computer) 1 hour before bedtime
 | * Avoid drinking caffeine during the afternoon and evening
* Avoid alcohol before bedtime
* Exercise daily
* Create a quiet sleep environment
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