

ALCOHOL AND SLEEP

HOW DOES ALCOHOL AFFECT YOUR SLEEP?

FACT 1:

The consumption of alcohol, especially in the hours before going to bed, has been linked to poor sleep quality and duration.

FACT 2:

Drinking alcohol before bed can add to the suppression of REM* sleep during the first two cycles.

FACT 3:

Studies have shown that alcohol use can exacerbate the symptoms of sleep apnea.

FACT 4:

People with alcohol-use disorders commonly experience sleep problems.



70%

of those diagnosed with an **alcohol-use disorder** have alcohol-related sleep problems.



TREATMENT OF ALCOHOL USE DISORDERS

Disturbed sleep represents a **MAJOR barrier** to successful long-term abstinence when recovering from an alcohol-use disorder.

It can take from **5 to 9 months** of continuous abstinence to normalize falling asleep, and more than **a year** to restore normal sleep duration.

A GOOD NIGHT'S SLEEP IS ESSENTIAL TO MAINTAINING OVERALL HEALTH.

SEEK HELP IF YOU THINK YOUR DRINKING IS INTERFERING WITH YOUR SLEEP.

FIVE THINGS YOU CAN DO TO IMPROVE YOUR SLEEP



1) Reduce the amount of alcohol you drink before bed, or refrain from drinking altogether.



2) Avoid using your mobile phone or any other electronic device before going to sleep.



3) Establish a relaxing bedtime routine. This might include a sleep diary, stretching, minimizing bright lights, and using your bed for sleep activities only.



4) Increase daily physical activity. Daily exercise can help you fall asleep and have a healthier, deeper sleep. It also helps to reduce stress.



5) Try to avoid eating large, heavy meals right before bed. If you are hungry, eat a light, healthy snack.

* REM is a unique phase of sleep characterized by random, rapid movement of the eyes

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