Sleep Changes

Let’s talk about sleep changes...

- Sleep changes refer to actual or perceived changes in nighttime sleep causing daytime tiredness.
- If you have sleep problems for more than 3 days, contact your healthcare team.

What you can do

- Try to go to sleep and wake up at the same time each day.
- Get plenty of daylight soon after waking.
- Restrict napping in the daytime. Avoid long/late afternoon naps. If needed, limit to one nap (20-30 minutes) and spend at least four hours awake before bedtime.
- Exercise regularly.
- Try to clear your head of worries early in the evening (e.g. problem-solve, write down a plan or ideas, etc).
- Go to bed when you are sleepy and limit the bedroom for sleep and/or sex.
- Try to drink caffeine only in the morning.
- Avoid caffeine and stimulating activity in the evening.
- Create a comfortable sleep area (for example, remove bedroom clock, avoid computer screens, use ear plugs or eye masks).
- Have a 90-minute relaxation time before bedtime when you do something like read, watch TV, crossword puzzle, listen to music, yoga, deep breathing, meditate, or try guided imagery.
- Limit smoking, alcohol, spicy or heavy meals, too much fluids, and intense activities close to bedtime.

Other resources

Managing Sleep Problems
More resources at
mcgill.ca/rcr-rcn/patient

In your hospital

Symptom Hotlines

Don’t hesitate to call!
Hours of operation:
8AM to 4PM

MUHC: (514) 934-1934 ext. 34160
JGH: (514) 340-8222 ext. 25529
St. Mary’s: (514) 734-2679, ext. 5

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