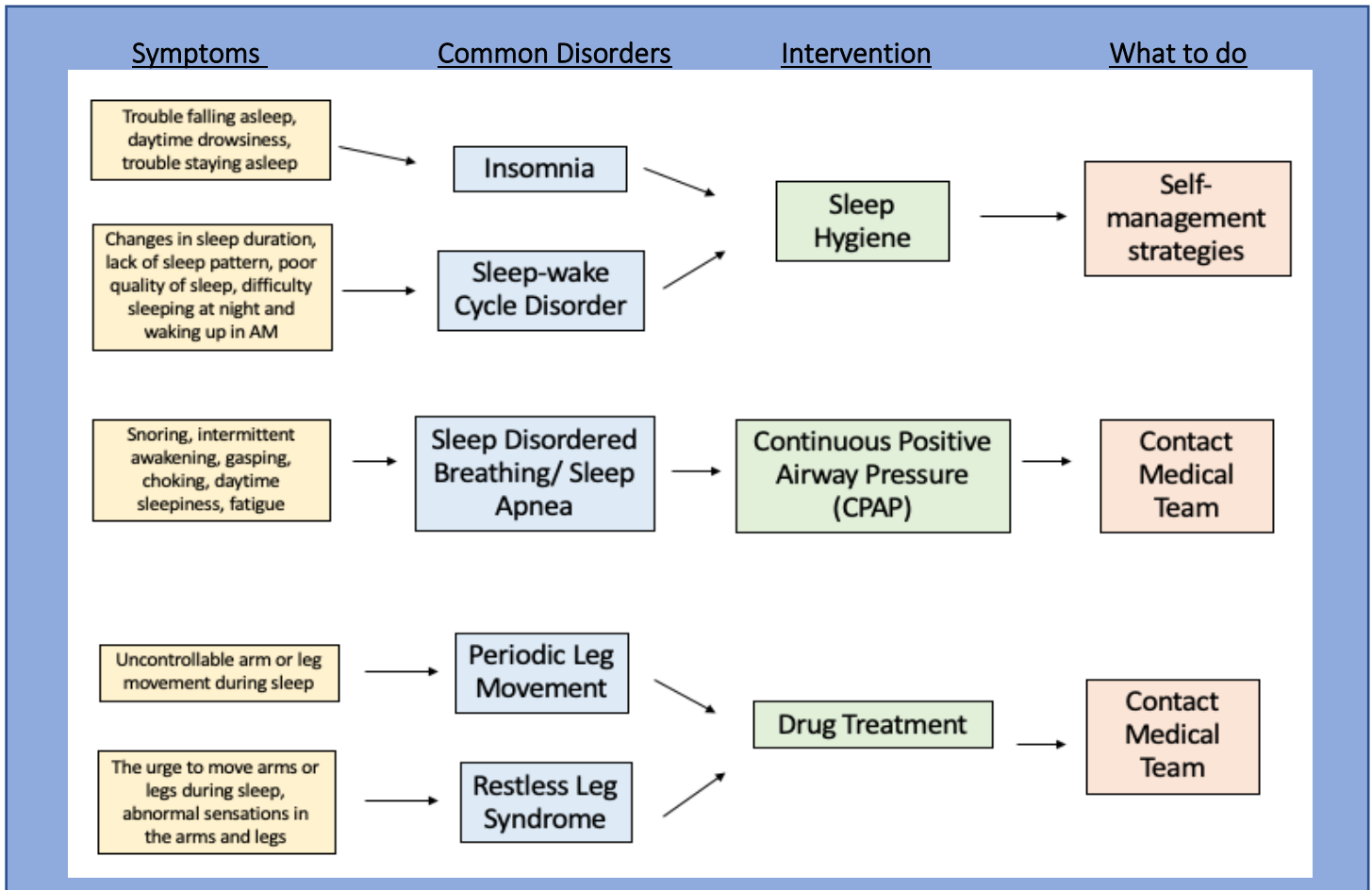


Sleep after Stroke

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



Sleep Hygiene Strategies

- 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