

Sleep After Surgery or Injury

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Sleep is very important in recovery from surgery and injury. It is not uncommon for patients to have difficulty with sleeping, both in the hospital and once they get home.

Before considering a sleep aide, it is important to evaluate your sleep hygiene.

Sleep Hygiene Tips

- Limiting caffeine after noon
- Limiting screen time after 8pm, this includes e-readers, TV, and cell phones.
- Ensuring your bedroom is at a comfortable temperature
- Limiting alcohol consumption
- Diffuse essential oils
- Utilize a weighted blanket
- Utilize a guided meditation or practice 'Box Breathing'



You may also try using natural options such as Melatonin or Sleepy Time Tea, both can be found at most drug/grocery stores as well as Amazon.

When using Melatonin, it is important to remember that this is meant to help you fall asleep more naturally. If you remain active, you will override the effects of this medication. There are two formulas of Melatonin, an immediate release and an extended release.

- **Immediate Release:** This should be used if you are having difficulty FALLING asleep, but are able to stay asleep without issue. We recommend using 1-3mg, taken by mouth, 30-60 minutes before you begin your bedtime routine. You may increase up to 10mg This medication is safe to use with your other prescriptions.
- **Extended Release:** This should be used if you are having difficulty falling AND staying asleep. There is an outer coating that will dissolve quickly and an extended release to help you stay asleep. We recommend using 5-10mg, taken by mouth, 30-60 minutes before you begin your bedtime routine.

As you begin to return to normal activities and schedules, your sleep should also improve.