

GENERAL POST-OP SLEEP TIPS

AVOID CAFFEINE AND ALCOHOL IMMEDIATELY BEFORE BEDTIME.

AVOID LONG NAPS DURING THE DAY.

CREATE A CALMING BEDTIME ROUTINE.

TAKE YOUR MEDICATIONS AS DIRECTED AND, IF POSSIBLE, ABOUT 30 MINUTES BEFORE BEDTIME SO THEY HAVE TIME TO TAKE EFFECT BEFORE YOU SLEEP

ASSESS YOUR SLEEP ENVIRONMENT. BE SURE YOUR ROOM IS DARK ENOUGH TO PROMOTE GOOD SLEEP, INCLUDING DURING DAYLIGHT HOURS.

BEDS WITH HIGH MARKS ON MOTION TRANSFER BETTER ENSURE YOU WILL REMAIN UNDISTURBED IF YOUR BED PARTNER OR PET TOSSES AND TURNS OR GET UP FOR A BATHROOM BREAK DURING THE NIGHT.

HAVE EXTRA PILLOWS HANDY TO SUPPORT YOUR BODY IN VARIOUS POSITIONS, ESPECIALLY IF YOUR SURGERY REQUIRES YOU TO SLEEP IN A CERTAIN POSITION THAT YOU DON'T USUALLY SLEEP IN.

HAVE COMFORTABLE, LOOSE-FITTING PAJAMAS OR LOUNGEWEAR AVAILABLE FOR YOUR RECOVERY.

HYSTERECTOMY

- Sleep on your side can help shift gas in your abdomen after a hysterectomy.
- When side sleeping, to prevent the gravity effect causing discomfort when it stretches the abdominal and pelvic tissues toward the mattress, place a pillow between your legs, and tuck another one along your abdomen for support.

WISDOM TEETH REMOVAL



- Resting with your head elevated above your heart (about 45 degrees) for the first 24 to 36 hours after surgery.
- Try to stay sleeping on your back for the next three to seven days. Sleeping on your sides or stomach can put pressure on your cheeks and irritate your wounds.
- Try arranging pillows along your sides to keep you from rolling over at night.
- Have someone with you while you nap immediately after surgery to reduce the risk of you choking on your gauze. Ideally, your partner should wake you every 20 minutes or so to check the gauze. Remove the gauze before going to bed at night.
- Take pain medications as prescribed by your dentist.

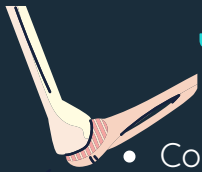


SLEEPING POST-OP

How to overcome common barriers of post-surgery sleep.



JOINT REPLACEMENT



- Consider getting a new mattress with good pressure point relief at the hips and knees.
- Sleep on your back with a pillow between your legs
- If you are a side sleeper, sleep on your non-operative side with two pillows running lengthwise between your legs.

BACK SURGERY

- Consider getting a new mattress with good pressure point relief at the hips and knees.
- Sleep on your back with a pillow between your legs
- If you are a side sleeper, sleep on your non-operative side with two pillows running lengthwise between your legs.

C-SECTION



- Sleep with your head raised on pillows or with an adjustable bed.
- Sleeping on your left side, in particular, can help with blood flow and reduces acid reflux.
- Wear comfortable pajamas or loungewear. Don't forget to baby yourself as you recover. Be sure you have a mattress that provides comfort and support.

CATARACT REMOVAL



- Wear the eye shield for a few days following surgery, even when you are sleeping.
- Avoid sleeping on the side that you had surgery on, if possible since the pillow can irritate the affected eye. Instead, sleep on your back or the opposite side.
- Use pillows to keep your body from rolling onto your affected side or onto your belly.

GALLBLADDER REMOVAL

- Limit your diet after surgery to clear liquids, gelatin and broth.
- Avoid sleeping on your stomach. Instead, sleep on your back and use pillows to gently prop up your head.
- Invest in a mattress with high motion isolation marks before surgery, especially if you sleep with a partner or a pet.

BROKEN BONE REPAIR



- Use pillows to keep the broken bone elevated above the heart to prevent blood pooling and reduce swelling.
- Try sleeping on your back. If that's not comfortable
- Be sure to wear loose-fitting clothes to bed.
- Prevent unexpected movements, as they can be painful and disruptive to your sleep.

MASTECTOMY

- Wear the surgical bra while you sleep through your recovery
- Sleep on your back for the first couple of weeks. Rolling onto your sides could put pressure on your implants or your incisions,.
- Use pillows at your sides. Or, try elevating your head with pillows or an adjustable bed.
- Cognitive-behavioral therapy can help reduce stress and anxiety associated with your diagnosis and ultimately clear up issues like anxiety and RLS to help you sleep better.



BYPASS SURGERY

- Sleep in whatever position is most comfortable for you.
- Use pillows to maintain a comfortable position and decrease any strain on muscles.
- If a vein was harvested from your lower legs, you may experience discomfort. Try placing pillows under your feet or elevating your legs with an adjustable bed.
- Take rest breaks between your normal daily activities, but try not to nap longer than 20 minutes.
- Avoid caffeine in the evenings.
- Consider cognitive behavioral therapy for post-surgery anxiety or depression.