



## Sleep Hygiene Tips

As recommended by the leading specialists Soroush Zoghi, MD, Pat McBride, PhD, Brian Hockel, DDS

**In addition to appropriate Myofunctional Therapy and treatment of any problematic tethered oral tissues (“tongue ties” etc.), the following are “basics” of sleep hygiene, habits, and practices that can improve sleep.**



Eliminate exposure to blue light after dinner. When viewing a screen of any type, eliminating the blue light can help sleep quality. Use the Night Shift mode on devices that have it, and use glasses such as the Swanwick blue light-blocking glasses which can help for screens that do not have a night mode. Google “blue light and sleep” to learn more.

Stop eating 2 hours before bedtime. This reduces the food in the stomach, which can cause acid to be increased. Laryngopharyngeal reflux disorder (LRPD) results when an acid vapor enters the airway and increases inflammation, swelling, and potentially constricting air flow. Diet matters! Reduces all food that causes inflammation, especially in the evening hours. Google “foods that cause inflammation and reflux.”



Use a fan or a white noise machine like the Marpac Dohm to create a soothing sound to block out disruptive sounds while you sleep. White noise machines are designed to help you fall asleep more quickly, stay asleep easier, and wake up feeling refreshed. The sounds of the white noise reduces the difference between background sounds and any loud disruptions to decrease your changes of waking up and increase your quality of sleep.

Check your Vitamin D levels and follow a precise protocol to be sure they are optimal. Vitamin D can play a big role in sleep quality. We recommend that you learn about Vitamin D from Dr. Stasha Gominak at [www.drgominak.com](http://www.drgominak.com). Get one of her workbooks and follow it to the letter, or even book a consultation with her to help guide you through the process. It is not as simple as “how much should I take daily.”



Have your primary care doctor do the standard and important blood tests: CBC, iron, TSH, B12, metabolic panel, A1C levels, etc. There are many health conditions that can affect sleep, and vice versa, and your doctor should be examining you for these.

Additional Resources: Learn more! You can learn more about ways to help improve sleep from these good books: Sleep Interrupted, Sound Sleep Sound Mind, and Why We Sleep.

