

# SLEEP

Sleep is a very important part of our health. Unfortunately sleep problems are very common, can cause problems with daily activities and may contribute to medical conditions. There is help available for some of these sleep problems.

Getting high quality sleep is key for good health. Sleeping well is just as important as exercise and eating wisely. If you are already getting quality sleep, here are some tips to help you continue sleeping well.

- Allow yourself enough time to sleep at night
- Keep a regular sleep schedule every day
- Allow time to unwind before bed
- Avoid alcohol and caffeine after lunch
- Exercise regularly
- Avoid napping
- Keep the bedroom quiet, dark and comfortable
- Avoid using electronic devices in the bedroom (TV, cell phones, tablets, computers). White noise from fans or sound machines is fine.
- Use the bed only for sleep and intimacy
- Identify stressors & continue to manage stress

One in three people have problems sleeping at some point in their lives. There's a big difference between one night of poor sleep and trouble that persists. If your sleep trouble goes on for months, you may have a sleep disorder.

Insomnia symptoms include difficulty with:

- Falling asleep, Staying asleep and Waking too early

Obstructive Sleep Apnea is a sleep disorder caused by blocking of the airway during sleep. Symptoms can include:

- Excessive daytime sleepiness
- Loud snoring
- Observed episodes of stopped breathing during sleep
- Waking up gasping or choking
- Difficulty concentrating during the day

Restless legs can cause the feeling of needing to move your legs or creepy crawly sensations in your legs which affect sleep.

Anxiety can lead to problems of not being able to control worry, not being able to stop anxious thoughts while you are trying to sleep or a sudden feeling of panic as you finally relax.

Effective treatments are available. Call the clinic to schedule and you can learn about options and screenings for these issues.



**Ozaukee County Employer  
Clinic located inside Aurora  
Port Washington Clinic  
1475 W. Grand Ave**


Elizabeth Merry, FNP-BC • Nurse Practitioner


## Clinic Hours of Operation

Monday 9am-5pm  
Tuesday & Thursday 9am-3pm  
Wednesday 7:30am-5pm  
Friday 9am—4:30pm

Call us to make an in person or virtual appt at:  
262-268-6610 or 262-268-6603

Please note, standard Aurora COVID-19 protocols are in place.

 **Aurora Health Care**

We are  AdvocateAuroraHealth

**Who can be seen?** Health Plan participants over 2 years old may use the County Employee Health Center