



Sleep

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Foreword

People living with chronic hepatitis C virus (HCV) infection commonly complain of fatigue. However, there are many causes of fatigue, with insufficient sleep being one cause. Before blaming everything on HCV, it's important to rule out other factors that may be causing or contributing to fatigue.

The majority of adults in this country report sleep problems. Most of us have had a night of poor sleep. But too many nights of insufficient sleep can be harmful. Sleep experts say that adults need between 7 and 9 hours of sleep every night. The function of sleep is to restore your body. Inadequate or poor quality sleep can lead to daytime tiredness. Insufficient sleep can have a negative impact on daily performance and immune function, and has been linked to traffic accidents.

Start by talking to your doctor. Sleep problems can be caused by medical issues. Tell your health provider about all the drugs you are taking. Some of these may be causing your sleep problems. For instance, certain cold medicines can keep people awake. Current treatment for HCV can also create sleep difficulties.

Getting too stirred up before bedtime can make it hard to go to sleep. Anything that makes us worry can cause us to toss and turn. Watching the news or exercising before bedtime can be over stimulating. Sleep experts recommend leaving the TV out of the bedroom. Turn off the TV and your computer an hour or two before bedtime.

HCSP FACT SHEET

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The information in this fact sheet is designed to help you understand and manage HCV and is not intended as medical advice. All persons with HCV should consult a medical practitioner for diagnosis and treatment of HCV.

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Sleep

The following can interfere with a good night's sleep:

- Caffeine – coffee, sodas, tea, chocolate
- Tobacco
- A room that is too hot or too cold
- Light
- Noise
- An uncomfortable bed
- Using alcohol before bedtime
- Being hungry
- Eating a large meal close to bedtime
- A snoring bed partner
- A pet in the bedroom

Some tips that promote sleep:

- Strive to get enough sleep every night. Most adults need between 7 to 9 hours.
- Try to go to bed at the same time every night.
- Avoid using electronic devices before bedtime
- If you have a clock that is always lit up, turn it so you can't see the time.
- Exercise every day.
- If you nap, keep it short and early in the day.
- Try reading before bedtime, but use a low-watt bulb.
- Do not eat a few hours before bedtime but don't go to bed hungry. If you eat something, choose food that is light and nutritious. Avoid spicy or greasy food.

- Take a hot bath before retiring.
- If you feel you need to worry, tell yourself that you will only worry in the daytime. Make your bedroom a worry-free zone. Learn relaxation techniques to reduce stress and worrying.
- Listen to relaxation tapes before retiring.
- Do not lay awake in bed for more than 20 to 30 minutes. Get up and do something boring for a little while and then go back to bed.
- Your bed is for sleep and sex. If you are not doing either of these, stay out of bed.

National Sleep Foundation Recommends—each day:

Newborns (0-3 months): 14-17 hours

Infants (4-11 months): 12-15 hours

Toddlers (1-2 years): 11-14 hours

Preschoolers (3-5): 10-13 hours

School-age children (6-13): 9-11 hours

Teenagers (14-17): 8-10 hours

Younger Adults (18-25): 7-9 hours

Adults (26-64): 7-9 hours

Older Adults (65+): 7-8 hours

Sleep Apnea

Sleep apnea is a medical condition which interferes with people's breathing while they sleep. It can cause serious health problems. People with sleep apnea often do not know they have it. Talk to your doctor if you are tired during the day. Sleep apnea can be treated.

Sleep

Related publications:

HCV Wellness: Meditation

www.hcvadvocate.org/hepatitis/factsheets_pdf/Meditation.pdf

HCV Wellness: Stress Reduction

www.hcvadvocate.org/hepatitis/factsheets_pdf/Stress_Reduction.pdf

Stress and the Liver

www.hcvadvocate.org/hepatitis/factsheets_pdf/Stress_liver.pdf

For more information

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| <ul style="list-style-type: none"> • American Academy of Sleep Medicine
www.sleepeducation.com • American Sleep Association
www.sleepassociation.org | <ul style="list-style-type: none"> • The National Sleep Foundation
www.sleepfoundation.org • <i>The Promise of Sleep</i>, William C. Dement. |
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Visit our websites to learn more about viral hepatitis:

**www.hcvadvocate.org • www.hbvadvocate.org
www.hepatitistattoos.org**

Get Tested. Get Treated. Get Cured.

