

Dr. Breus, aka “The Sleep Doctor

Getting Quality Sleep When You Are Sick

We’ve spent a lot of time talking about what to do to improve your immune system, but what if you are already sick? Sleep is imperative for recovering from illness and improving your weakened immune system. But, when you can’t breathe, have chills and body aches, headaches, and just feel poorly overall, sleep can be hard to find. Here are top tips for getting better sleep when you are ill.

- Sleep as much as possible – I know it sounds funny, but your body needs a lot of rest to heal quickly.
- Increase your total sleep time by two hours
- Remember to stay cool to help create a better sleeping environment
- Change linens frequently to help control bacterial or virus spread
- Keep a HEPA air filter running in your room and consider adding a humidifier
- Use a bed wedge to keep our chest raised to avoid additional congestion and postnasal drip
- Be sure to not double up on sleep medication when taking decongestants etc. which means not taking something like Benadryl® with another PM sleep product.