

PRISM Newsletter

A Bi-annual Newsletter for PRISM Partners

03/2025

What is PRISM?

Partnered Research in Sleep Medicine (PRISM) is an initiative that addresses sleep health disparities affecting underserved communities through community conversations, awareness and shared resources. PRISM's mission is to engage with local partners and create patient-centered solutions for common sleep disorders like obstructive sleep apnea (OSA) and insomnia. By collaborating with community members and organizations in West Philadelphia and national partners on the PRISM advisory board, PRISM is building a foundation for partnered research to address sleep health inequities.



**In this
newsletter
you can
expect:**

**Welcome
Note**

**PRISM
Happenings**

Q&A Corner-
Ms. Ella Rose

**Meet Our
Team**

Sleep Insights

Welcome Note

Spring has sprung in Philadelphia, Pennsylvania and with all that's new in this season, lots of "blossoming activities" around sleep are happening! Because March is designated as a month for "sleep awareness," the PRISM team, Advisory Board, and many West Philadelphia and University partners and volunteers held a Sleep Wellness Event for community members in West Philly to learn about sleep, health, and disease through sleep station learning activities with sleep experts and PRISM members. Adults of all ages, children and teens, and families enjoyed the event and everyone received PRISM sleep resources to take home!

Contributions and support by many ensured the Sleep Wellness Event was a huge success. The PRISM team is grateful for the many volunteers and supporters of the event:

- Penn School of Nursing Community Champions for volunteering at the event 🙌
- Penn Nursing's Facilities team for help with moving all the event supplies 🚚
- The Netter Center for helping all the volunteers (and supplies) to arrive "right on time" with the friendly van service team 🕒
- ACHIEVEability, a PRISM community partner for hosting the event in West Philadelphia 🏢
- Bethany Baptist Missionary Church and Mount Carmel Baptist Church, PRISM community partners, for sharing news about the event in your communities 📢
- Mara Wai, Penn School of Nursing Program Coordinator, for planning assistance 📅
- Michelle Lockett, DNP, RN, and local children's book author of "Little Me Wants to Be," for donating plush dolls for children joining the "bedtime story corner" 🧸
- The many Penn Sleep experts who were there to discuss sleep with all the community members 🧑🏻‍⚕️

The dedication and enthusiasm of all the volunteers were essential to the success of the Sleep Wellness Event—we couldn't have done it without you! The PRISM team is truly grateful to have you as part of the PRISM community and look forward to working together on more impactful events. Thank you for your commitment to this important work—your efforts make a real difference in the community!



PRISM Happenings

PRISM Advisory Board Meeting Updates

First Meeting (January 21, 2025)

PRISM held its first virtual Advisory Board meeting, where members introduced themselves, shared their connection to sleep disorders, and fun personal facts. Please see our member spotlight to meet the amazing members of PRISM! The group established an intention statement to create a safe, respectful, and inclusive space for discussions. Members reviewed PRISM's objectives and purpose, their roles and responsibilities, and discussed preferred communication and meeting structure. It was a great first meeting!

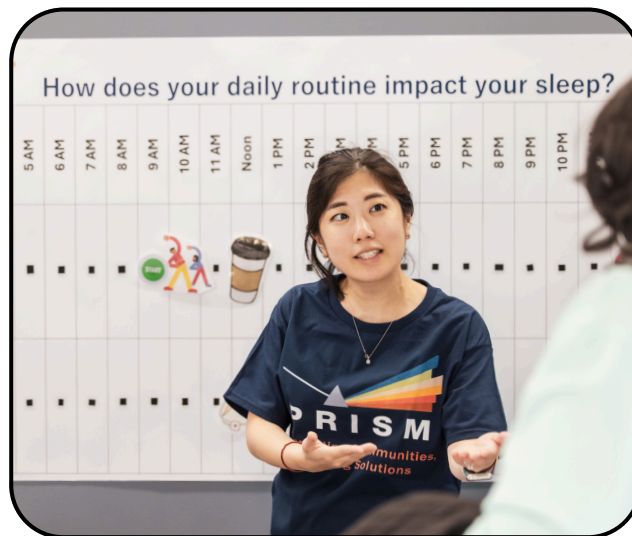
Second Meeting (March 26, 2025)

The Advisory Board met again to revisit the intention statement and participate in a PCORI- training on "Engaging in Stakeholder-Driven Research", hearing from patients, caregivers, researchers, and clinicians. In breakout groups, members practiced being research partners, brainstorming how a research team may reduce participant burden, improve recruitment, and share research findings. We reconvened as a large group to discuss what was learned about partnered research. Key takeaways included the importance of establishing trust between researchers and the community, empowering patients as experts, valuing diverse perspectives, thoughts, and experiences to shape research agendas and outcomes, and recognizing immensely missed opportunities that can occur when research is not partnered. These insights will help shape our next meeting's agenda!

PRISM Happenings

Sleep Wellness Event at ACHIEVEability

PRISM and ACHIEVEability partnered to host a successful Sleep Wellness event on March 19. Community members participated in interactive activities, learned about healthy sleep habits, and received valuable resources to improve their sleep. Highlights of the event included a "Spin the Wheel" trivia game focused on general sleep hygiene, a giant-sized sleep diary to encourage better sleep tracking, and a bedtime story corner for children to foster healthy sleep routines. The event was a fun and educational way to engage the community in improving their overall well-being.



Q&A Corner: Ms. Ella Rose PRISM Advisory Board Member

Ella Rose is a dedicated social work professional with a passion for supporting families as they create the lives that they deserve. As Director of Self-Sufficiency at ACHIEVEability, she leads initiatives working to break the generation cycle of poverty through education, affordable housing, and fostering holistic well-being.

Ella holds a Master's degree in Social Work from Temple University, where she honed her skills in community engagement and advocacy. Prior to her graduate studies, she earned a Bachelor's degree in Conflict Analysis and Resolution, equipping her with a nuanced understanding of addressing complex social issues.

Outside of her professional endeavors, Ella prioritizes her free time to be spent doing what she loves—reading, learning, creating through arts and crafts, and spending quality time with friends and family. She spends as much time as possible outdoors, hiking and being surrounded by trees.

Ella is excited to be a member of the PRISM Advisory Board, focused on sleep health. She recognizes the transformative power of listening, understanding that it is foundational to fostering meaningful connections and driving positive change in communities, and looks forward to contributing to the development of core resources for partnered research.

Q: How has partnering with PRISM brought new resources or knowledge to the ACHIEVEability community?

A: Sleep is critical for parents experiencing poverty, yet it is often disrupted by stress, unstable housing, irregular work schedules, and other systemic barriers. In this context, the value of sleep goes far beyond rest—it directly impacts health, economic stability, and family well-being. Too often, sleep is overlooked in our community, especially when pressing health concerns like diabetes, asthma, and high blood pressure take center stage. But through focus groups, we learned that many of our neighbors are also facing sleep challenges such as sleep apnea and insomnia—insights that were both eye-opening and deeply meaningful.



Q: How has partnering with PRISM brought new resources or knowledge to the ACHIEVEability community? (Continue)

A: Our partnership with PRISM has been instrumental in addressing these challenges. They've brought vital resources and knowledge to the ACHIEVEability/West Philadelphia community, helping us advance health equity and raise awareness about sleep health. Whether it's tabling at our distribution events, hosting focus groups, or facilitating a Sleep Wellness Event, PRISM has connected with our community in thoughtful and impactful ways.

Thanks to their support, we've been able to share tools and information on topics like insomnia, sleep apnea, and sleep hygiene—resources that have made a real difference. From children struggling with bedtime routines to parents weighed down by life's stressors, the guidance from PRISM has helped our community take meaningful steps toward better sleep and better health.

Q&A Corner: Ms. Ella Rose PRISM Advisory Board Member

Q: Looking ahead, how do you envision this partnership shaping the future of sleep health in West Philadelphia?

A: Looking ahead, the partnership between ACHIEVEability and PRISM has the potential to create long-term, systemic change in sleep health for West Philadelphia residents. The impact could be transformative, not just in raising awareness but in addressing root causes of sleep disparities that disproportionately affect Black and Brown families experiencing poverty. In collaboration with PRISM, we recently held an impactful Sleep Wellness Event where community members were able to learn about sleep health, take part in wellness activities, and discuss pertinent sleep topics. This was a fun and informative community event – complete with a bedtime story read by the author, arts and crafts, and many activities for adults and children.

During the Sleep Wellness Event, it was eye-opening to hear the feedback and “a-ha” moments that the parents had during the sleep apnea learning station. The conversations that came up during interactions at this table were enlightening, full of curiosity, care, and new information that was gathered out of the desire to learn more about how to support loved ones in their lives who have this condition. We were all a bit surprised about the high prevalence of this condition in our community.

Q: What is one key goal you'd like to see PRISM accomplish in the coming year to help move that vision forward?

A: One hope we have for the PRISM team to achieve in the next year is to continue taking what they hear and learn from our neighbors who have joined the PRISM advisory board, and use the insights gained to lend more tailored support. Our community members are experts on their life experiences and the needs that exist in West Philadelphia. Our hope is that these will be listened to and utilized to shape the resources and supports to come.

Q: Why is sleep a priority to address for the community served by ACHIEVEability?

A: For the individuals and families ACHIEVEability serves, quality sleep is not a luxury—it is a necessity for overall well-being, economic stability, and long-term success. However, many residents face barriers to adequate sleep, impacting their health, education, and job performance. We look forward to integrating sleep wellness activities into our existing programs. By prioritizing sleep as a fundamental need, ACHIEVEability can enhance the overall health, economic stability, and future success of the community we serve.

Roxanne, an ACHIEVEability program participant, attended the Sleep Wellness Event with her daughter. They were both so excited to learn about sleep health, how to build healthy habits, and engage in these topics within the community. This aligns perfectly with the goals of our program - helping parents build better habits, and act as role models for their children, building a healthier generation together.

On behalf of our team here at ACHIEVEability, we want to express our heartfelt gratitude to the PRISM team for their expertise, care, and attention in bringing these needed resources to our community!

Meet Our Team: Stephen Avery

Dr. Stephen Avery is a Professor of Radiation Oncology at the University of Pennsylvania and Director of Global Radiation Physics. As a medical physicist, he is dedicated to expanding access to high-quality cancer care, particularly in low-resource settings, through research, education, and program development. His leadership in the Global Health Catalyst Summit fosters international collaborations to improve radiation oncology infrastructure and training. Passionate about health equity, Dr. Avery recognizes the critical role of sleep health in overall well-being and the disparities that exist in access to care. As a member of the PRISM Advisory Board, he looks forward to contributing his expertise to advance research, raise awareness, and develop solutions for better sleep health. He is excited to collaborate with a diverse team, learn from others, and support initiatives that align with his commitment to eliminating health disparities.



Meet Our Team: Melany Batad



Melany Batad is the Engagement Coordinator for Partnered Research in Sleep Medicine (PRISM). In her everyday work, she collaborates with various partners like sleep researchers, West Philadelphia community organizations and members to implement sleep wellness initiatives. Outside of work, Melany enjoys creating playlists, watching basketball, and playing chess, which allows her to unwind and keep her mind sharp. She is excited to be a member of PRISM as it offers an opportunity to work with dedicated individuals to explore deeper issues surrounding sleep health, while contributing to solutions that will benefit the community. Melany is passionate about bridging research and real-world impact, and she looks forward to furthering the goals of PRISM through this role.

Meet Our Team: David Bishop

David Bishop, LCSW is a sleep apnea patient and a leading advocate for sleep health equity. He is the founder of the Sleep Equity Project, a nonprofit dedicated to reducing the impact of insufficient sleep and sleep disorders on chronic health conditions. With experience serving on national sleep nonprofit boards, collaborating on research studies, and advocating for congressional funding, he actively works to advance sleep health awareness and policy. In July 2024, he was appointed to the Sleep Disorder Research Advisory Board of the NIH's National Heart, Lung, and Blood Institute for a four-year term. His work focuses on advocacy, education, and addressing health disparities in underserved communities. Driven by personal experience with sleep apnea in his family, David is committed to bridging gaps in sleep health equity and improving outcomes for all.



Meet Our Team: Syreta Carter



Syreta Carter is the Clinical Service Coordinator at the Sleep Medicine department at the University of Pennsylvania, where she has been since 2021. With over a decade of experience in the Penn health system, she has worked in Dermatology and Hematology Oncology before transitioning to sleep medicine. She is currently pursuing a master's in healthcare administration to deepen her knowledge and impact in the field. In her role, she oversees daily operations, scheduling, and process improvements to enhance patient care. Passionate about raising awareness of sleep disorders, Syreta's personal experience has underscored the profound impact of sleep on overall health. As a PRISM Advisory Board member, she looks forward to educating others on prevention and contributing to meaningful change in sleep health.

Meet Our Team: Kenniah Chestnut

Kenniah C. Chestnut, Esq., M.S.S. & M.L.S.P. is the Legal and Corporate Affairs Manager for the US Medical Innovations family of companies, a position she has held since 2013. She also serves as the Secretary of the Board of Managers for US Patent Innovations, LLC. Before joining USMI, she worked in private practice, including as a partner in The Chestnut Law Firm, specializing in Criminal and Civil Litigation. Mrs. Chestnut holds multiple degrees, including a Juris Doctor from the University of the District of Columbia Law School, where she graduated cum laude, and Master's degrees in Social Science and Law and Social Policy from Bryn Mawr College. Originally from the Philadelphia area, she is deeply involved in her community, serving on the School Committee at Abington Friends School and as the president of the Home and School Association. In her personal life, Kenniah enjoys baking, spending time with her family, and participating in church activities, including her roles in the Deaconess Ministry and Health and Wellness Ministry at Bethany Missionary Baptist Church.



Meet Our Team: Peter Cronholm



Peter Cronholm is a family physician and researcher at the University of Pennsylvania. During his 26 years of working at Penn, he enjoys working on projects like PRISM. Pete is interested in this project as he is a patient of insomnia and sleep apnea. A fun fact about him is he really enjoys woodworking and carving.

Meet Our Team: Morgan Dopplick

Morgan Dopplick is the General Manager and SVP of Sleep and Respiratory at AdaptHealth, where she leads efforts to deliver patient-centric solutions in an evolving healthcare landscape. With extensive experience working with diverse patient populations, she is committed to providing dynamic, multimodality care options focused on empathy and therapeutic outcomes. Morgan's leadership is driven by a passion for industry excellence and improving healthcare delivery. Outside of work, she enjoys spending time with her family, often found cheering on her goalkeeper at soccer games. She is excited to join the advisory board, believing that the healthcare industry is at a crucial moment for change, and looks forward to contributing insights that will drive meaningful improvements for patients and the broader ecosystem.



Meet Our Team: Belen Esparis



Belen Esparis is a sleep medicine specialist at the Malcom Randall VA Medical Center in Gainesville, FL, where she diagnoses and manages sleep disorders, mentors sleep fellows, residents, and medical students, and interprets sleep studies. Passionate about advancing patient care and fostering the next generation of sleep medicine professionals, she is committed to improving sleep health through both her clinical work and teaching. Her dedication to sleep medicine grew after experiencing the physical and emotional toll of chronic sleep deprivation following the birth of her first child. Outside of work, Belen enjoys Zumba, hiking, and spending quality time with her family, which helps her maintain balance and reflect on the importance of health. She is excited to collaborate with a diverse group of stakeholders to develop innovative research initiatives that will advance sleep medicine and improve lives.

Meet Our Team: Janalyn Edmonds

Dr. Janalyn Cantey Edmonds hold a BSN, MSN, and a PhD in Nursing. She is now a retired university nursing professor. Her nursing practice and health care experience has included health promotion, risk management, quality management, administrative management, bioethics, managed care, ambulatory care, home health care, critical care, and medical and nursing education. Previously, having participated in research of individuals' response to treatment of sleep disorders and a long time user of CPAP, she is excited to contribute her knowledge and experience to improve patient outcomes. She has been active in inter-professional educational collaborations and participatory community research activities. Currently, she also serves on The Catholic University of America, Conway School of Nursing, Board of Visitors. During her free time, she enjoys knitting, crocheting, and baking; And spending time with family, friends, and her grandpup--Khaleesi.



Not Pictured: Tahirah Garrett

Meet Our Team: Tashonda High



Tashonda High is a recent graduate in Healthcare Studies, having earned her A.A. Degree and Patient Service Representative Credential in Spring 2024. She plans to pursue a Bachelor's Degree in Healthcare Administration at St. Joseph's University in September 2025, with a focus on modernizing healthcare systems and improving patient treatment. Tashonda is passionate about contributing to advancements in healthcare, particularly in the area of sleep disorders, as she personally experiences insomnia. In her free time, she enjoys reading, writing poetry, and working with advisors to achieve her goals. Tashonda is excited to be part of the PRISM Advisory Board, where she hopes to learn from other board members and contribute her knowledge and skills to help improve care for individuals with sleep disorders.

Meet Our Team: Leanne Kaye

In her role as Director of Person-Centered Science at ResMed, Leanne Kaye leads a team focused on generating and translating research that supports patient engagement, long-term retention, and better sleep health outcomes. She is especially passionate about putting the person at the center of care—recognizing the real-life context that shapes how people experience and manage their health.

Outside of work, Leanne Kaye stays busy as a “taxi mom” to her young family. They enjoy spending time outdoors and exploring new-to-them parts of the U.S.

At ResMed, Leanne sees the impact of person-centered care every day—especially when the right insights and tools are used to truly meet people where they are. She is excited to bring that perspective to the Advisory Board and to collaborate and learn from others.

Leanne began her career as a clinical dietitian, driven by a desire to help people reach their health goals. That early motivation continues to guide her work—now through research and behavioral science that make health programs more relevant, human-centered, and effective.



Meet Our Team: Heather Klusaritz



Heather Klusaritz is the Division Chief for Community Health and the Department of Family Medicine at the University of Pennsylvania, and a social worker by training. She spends most of her time at Penn thinking about how to bring community voice into the health system and the university of the co-design to strategies to improve the health of our community. She is excited about PRISM as she is new to the sleep medicine space, but it's another opportunity to bring community voice and center community voice. A fun fact she thinks soccer is the best sport of the planet! You can't convince her otherwise. In her free time, she helps run a youth soccer club whose mission is to eliminate the pay to play barrier that exists in most of youth sports in the United States.

Meet Our Team: Allan Pack

Allan Pack directs both clinical and basic research programs focused on sleep and its disorders, with a primary emphasis on Obstructive Sleep Apnea. He was the founding director of the first university-wide center at the University of Pennsylvania dedicated to sleep and circadian research, as well as the first independent, multidisciplinary sleep medicine division. He has since stepped away from these administrative roles to dedicate more time to research. With advancements in techniques, methodologies, and data sources, he believes this is an exciting and transformative time for both animal and clinical research. He values the insights of patients and stakeholders, recognizing that their input helps ensure research remains relevant and appropriately focused. Allan is deeply passionate about his work, finding intellectual stimulation and fulfillment in the challenges of research. As his niece once said, "My uncle is paid to do his hobby—his research." Outside of work, he enjoys keeping up with the news (despite its challenges), playing golf (though he humbly admits he's not very good), spending time with his children and 11 grandchildren, and traveling with his wife.



Meet Our Team: Michael Perlis



Dr. Michael Perlis, PhD, FSBSM, is an Associate Professor of Psychiatry and the Director of Penn Behavioral Sleep Medicine. He is a clinical psychologist with a research focus on insomnia, aiming to have a broad impact despite the narrow scope of his work. His everyday responsibilities involve clinical research to advance the understanding of sleep disorders and improve treatment options. While his free time is limited, he remains dedicated to his research efforts. Dr. Perlis is excited to be part of the Advisory Board, where he looks forward to contributing to CER and PCORI-type work. He is committed to advancing sleep health and making meaningful progress in the field.

Meet Our Team: Paul Saskin

Paul Saskin is the Medical Director for Insomnia at Idorsia Pharmaceuticals, a Swiss company with a U.S. presence in Radnor, PA. A clinical psychologist by training, he is board-certified in sleep medicine and behavioral sleep medicine. Before transitioning to industry in 2018, Paul had a successful clinical practice in Las Vegas and Kansas City, where he contributed to early research that helped develop cognitive behavioral therapy for insomnia. In his current role, he oversees strategy for insomnia products and coordinates educational programs and scientific discussions on insomnia and sleep. Originally from Montreal, Paul enjoys skiing, road cycling, and running, and in his spare time, he loves traveling, cooking (especially BBQ in KC), and exploring new food options with his wife. He is excited to join the group, bringing both a clinical and industry perspective to community engagement in sleep health.



Meet Our Team: Amy Sawyer



Amy Sawyer is a Professor of Sleep & Health Behavior in the School of Nursing at Penn, where she directs the School's practice doctoral program, conducts research focused on obstructive sleep apnea, mentors new nurse researchers in sleep science, and teaches doctoral-level nursing students. She is most excited about learning from community members about their experiences with sleep disorders and sleep issues through PRISM activities and the Advisory Board. The new partnerships that have formed—and continue to grow stronger—through this collaborative work are among the most rewarding experiences of her 20-year career as a sleep specialist and nurse scientist.

In her free time, Amy enjoys spending time outdoors. Gardening, swimming, hiking, practicing mindfulness, and walking with her favorite companion—her silver Labrador retriever, Lincoln—are among her favorite activities. She also enjoys discovering restaurants, coffee shops, and candy shops that are “off the beaten path.”

Meet Our Team: Samantha Simonsen

Samantha Simonsen began her career in sleep medicine as a college student, balancing her studies in Biology with performing overnight sleep studies at Bacharach Rehabilitation Hospital. With over 29 years of experience in the field, she currently serves as the Director for Clinical Operations at Penn Sleep Medicine. Outside of her professional work, Samantha enjoys spending time with her family and two large dogs, as well as snowboarding, golfing, reading, and wine tasting. She is also actively involved in her community, volunteering as a firefighter with the South Media Fire Company and as a dog/puppy handler for the Providence Animal Center. Samantha is honored to join the PRISM Advisory Board, where she looks forward to collaborating with others to promote sleep awareness and reduce healthcare disparities.



Meet Our Team: **Gianne Ratliff**



Gianne Ratliff works with children in her day-to-day role, a responsibility she finds both meaningful and impactful. Outside of work, she enjoys spending time with friends and family, valuing those moments of connection and joy. As a member of the Advisory Board, Gianne is most excited about the opportunity to meet new people and engage with diverse perspectives.

Meet Our Team: Ella Rose

Ella Rose is a dedicated social work professional with a passion for supporting families in creating the lives they deserve. As the Director of Self-Sufficiency at ACHIEVEability, she leads initiatives to break the generational cycle of poverty through education, affordable housing, and fostering holistic well-being. Ella holds a Master's degree in Social Work from Temple University, along with a Bachelor's degree in Conflict Analysis and Resolution, which has equipped her with a deep understanding of complex social issues. Outside of her professional work, she enjoys reading, learning, creating arts and crafts, and spending quality time with friends and family, especially outdoors, hiking, and connecting with nature. Ella is excited to be part of the PRISM Advisory Board, where she aims to contribute to the development of resources for partnered research, leveraging her belief in the transformative power of listening and understanding.



Meet Our Team: Alexa Watach



Alexa Watach, PhD, RN is an Assistant Professor of Nursing at Penn Medicine Sleep Medicine. She earned her Ph.D. in Nursing from The Pennsylvania State University, where she first became interested in sleep health. This interest led her to complete a postdoctoral fellowship in sleep research at The University of Pennsylvania.

As a researcher, she is passionate about empowering patients to better understand their sleep apnea diagnosis and treatment. As such, her work focuses on finding new and creative ways to improve sleep health care by bridging the gaps that exist between patients and healthcare systems, and research evidence and everyday practice. She also teaches in the Doctor of Nursing Practice program at Penn, where she guides students through the development of their own impactful practice improvement projects.

As Co-Lead of PRISM, she has valued the opportunity to build strong partnerships, professional relationships, and friendships with dedicated community partners. Collaborating to improve sleep health in the community and identify areas for growth and improvement in the field has been rewarding, inspiring, and transformational in many ways. Outside of work, Alexa enjoys cycling, hiking, flyfishing, spending time with friends and family and tending to her far too many houseplants.





SLEEP INSIGHT

FREELY AVAILABLE SLEEP RESOURCES

[NSF Sleep Durations link](#)

[NSF Be your Best Slept Self link](#)

[Sleep Hygiene Checklist link](#)

[NIH Sleep Diary link](#)

Make SLEEP a Priority!

Children/teens who get the recommended amount of sleep nightly display better mental and physical health.

Along with better mental/physical health, they also show improvement in behavior, learning, attention, memory and emotional stability.

S Start a quiet time routine at least 20-30 minutes before bedtime. TVs, phones and tablets should not be a part of the bedtime routine.

L Limit eating prior to bed to light healthy snacks and small amounts of water. Avoid sugary foods and caffeinated drinks.

E Encourage your child to fall asleep on their own in their own bed. Putting your child to bed awake allows them to learn how to fall asleep alone in the bed.

E Engage in a discussion with your child's pediatrician about your child's sleep habits and any issues they may be having. Common sleep problems in children include difficulty falling asleep, excessive daytime sleepiness, heaving breathing or snoring while sleeping and night terrors.

P Put your child to bed at a consistent time every day which allows them to get the recommended number of hours of sleep for their age group.



Practice these six small steps for healthy sleep

Be your Best Slept Self®



1. Light

Spend time in bright light during the day, natural light or equivalent brightness.



2. Exercise

Exercise regularly for a deeper sleep. Aim for 30 minutes a day, 5 days a week.



3. Mealtimes

Eat your meals at consistent times day after day.



4. Avoid...

Avoid heavy meals, nicotine, caffeine, and alcohol before bedtime.



5. Wind-down

Use a consistent routine with a relaxing wind-down to help get the sleep you need each night (7-9 hours for most adults, with same sleep and wake times.)



6. Environment

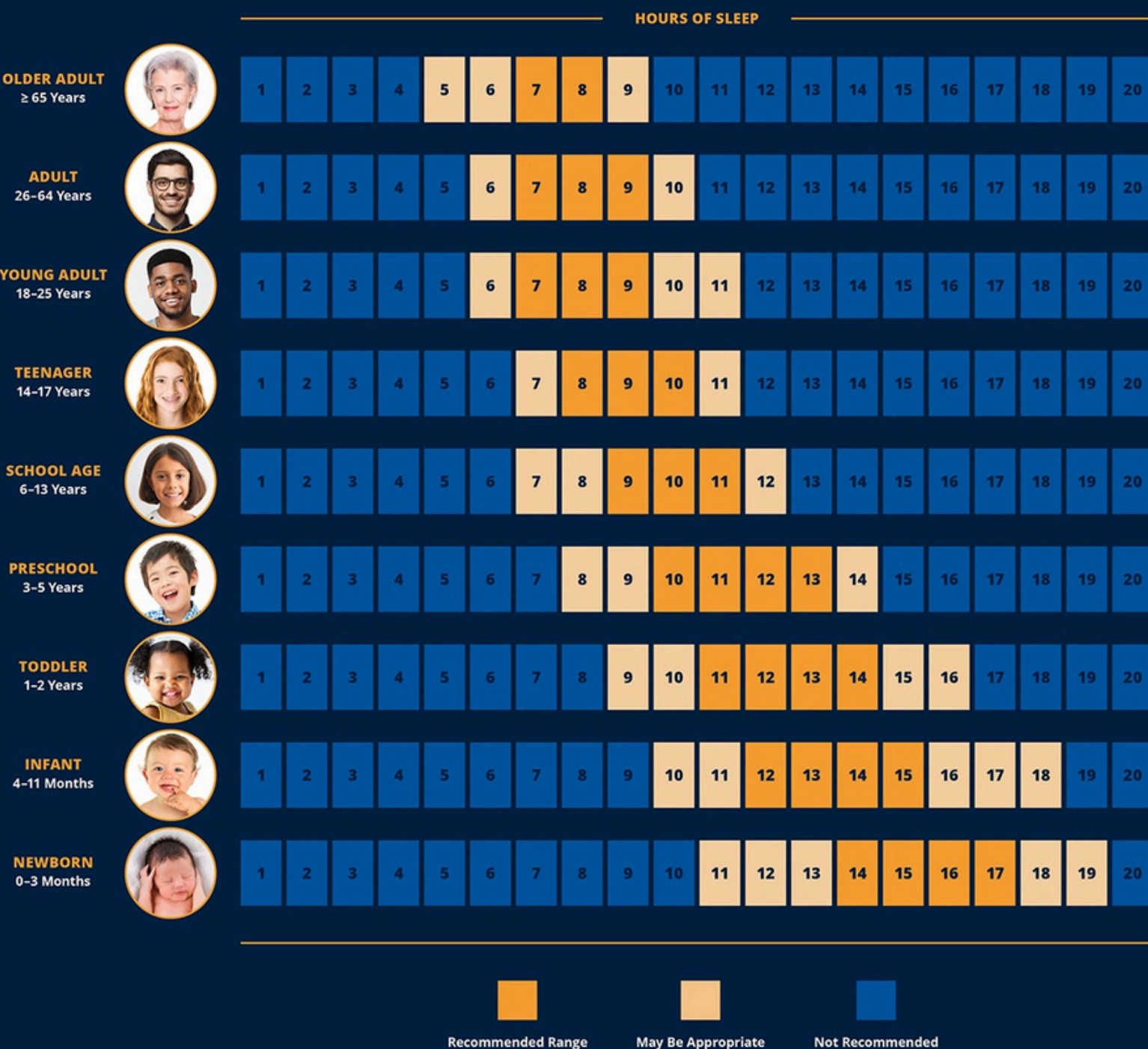
Put your devices away an hour before bed and sleep in a quiet, cool, and dark environment.

powered by  the National Sleep Foundation

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RECOMMENDED SLEEP DURATIONS



SLEEP HYGIENE

checklist

OPTIMIZE YOUR SLEEP ENVIRONMENT

- ☐ KEEP YOUR BEDROOM COOL (60-67°F) FOR BETTER SLEEP QUALITY. MORNING STRETCH
- ☐ BLOCK OUT LIGHT USING BLACKOUT CURTAINS OR AN EYE MASK TO SUPPORT MELATONIN PRODUCTION.
- ☐ MINIMIZE NOISE WITH EARPLUGS OR A WHITE NOISE MACHINE TO PREVENT SLEEP DISRUPTIONS.
- ☐ INVEST IN A COMFORTABLE MATTRESS AND PILLOWS THAT SUPPORT YOUR BODY AND SLEEP POSITION.

ESTABLISH A RELAXING EVENING ROUTINE

- ☐ AVOID SCREENS (PHONES, TABLETS, TVS) AT LEAST 60 MINUTES BEFORE BEDTIME TO REDUCE BLUE LIGHT.
- ☐ ENGAGE IN CALMING ACTIVITIES LIKE READING, MEDITATION, OR GENTLE STRETCHING BEFORE BED.
- ☐ TAKE A WARM SHOWER OR BATH TO HELP YOUR BODY WIND DOWN AND RELAX BEFORE SLEEP.
- ☐ LIMIT CAFFEINE, ALCOHOL, AND HEAVY MEALS IN THE EVENING, AS THEY CAN INTERFERE WITH DEEP SLEEP.

MAINTAIN A CONSISTENT SLEEP SCHEDULE

- ☐ STICK TO A REGULAR BEDTIME AND WAKE-UP TIME, EVEN ON WEEKENDS.
- ☐ GET MORNING SUNLIGHT EXPOSURE TO HELP REGULATE YOUR BODY'S NATURAL SLEEP-WAKE CYCLE.
- ☐ LIMIT NAPS TO 20-30 MINUTES AND AVOID NAPPING LATE IN THE DAY.
- ☐ USE YOUR BED ONLY FOR SLEEP AND RELAXATION, AVOIDING WORK, TV, OR OTHER STIMULATING ACTIVITIES.

EXPERT TIPS FOR BETTER SLEEP HYGIENE

- (Maintain a consistent pre-sleep routine to train your body for sleep.
- (Keep your bedroom well-ventilated—fresh air can improve sleep quality.
- (Use weighted blankets if you struggle with anxiety or restlessness at night.
- (Avoid looking at the clock if you wake up in the middle of the night—this can create stress and make it harder to fall back asleep.
- (Practice progressive muscle relaxation or guided meditation to ease tension before bed.
- (Eat sleep-supporting foods like tart cherries, almonds, and bananas, which contain natural melatonin and magnesium.
- (If you can't fall asleep after 20 minutes, get out of bed and do a relaxing activity in dim light before trying again.

Source: SleepCoaching.com - Better Sleep is Within Reach

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Sleep Diary

Use this sleep diary to record the quality and quantity of your sleep; your use of medicines, alcohol, and caffeinated drinks; and how sleepy you feel during the day. Bring the diary with you to review the information with your doctor.

Today's date:

Fill out before going to bed		June 13*							
	Number of caffeinated drinks (coffee, tea, cola) and time when I had them today:	1 drink, 8 p.m.							
	Number of alcoholic drinks (beer, wine, liquor) and time when I had them today:	2 drinks, 9 p.m.							
	Nap times and lengths today:	3:30 p.m., 45 minutes							
	Exercise times and lengths today:	None							
	How sleepy did I feel during the day today? 1—So sleepy I had to struggle to stay awake during much of the day 2—Somewhat tired 3—Fairly alert 4—Alert	1							
Fill out in the morning	Today's date:	June 14*							
	• Time I went to bed last night: • Time I got out of bed this morning: • Hours spent in bed last night:	11 p.m. 7 a.m. 8							
	Number of awakenings and total time awake last night:	5 times, 2 hours							
	How long I took to fall asleep last night:	30 minutes							
	Medicines taken last night:	None							
	How alert did I feel when I got up this morning? 1—Alert 2—Alert but a little tired 3—Sleepy	2							

* This column shows example diary entries—use as a model for your own diary notes.

Thank you for reading!



<p>We would love to hear from you!</p>	<p>Email Melany Batad, PRISM Coordinator at mbatad@nursing.upenn.edu</p>
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