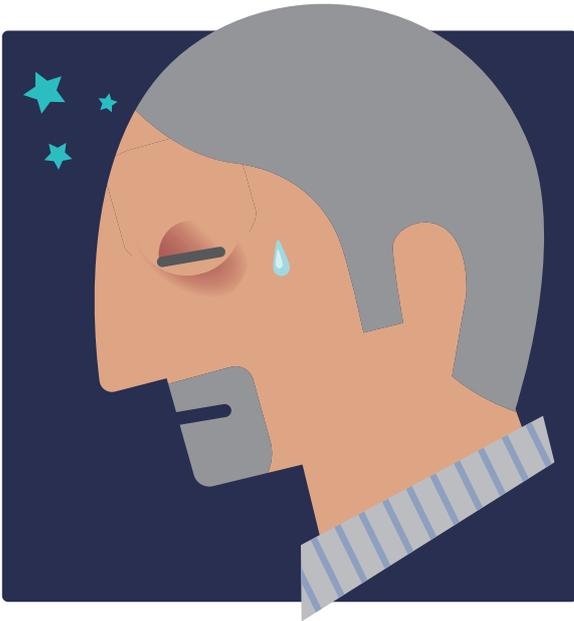


## SLEEP



Sleep problems –or insomnia– are frequent in people with HIV. Insomnia includes finding it hard to remain asleep, waking up after just a few hours' sleep, not being able to go back to sleep again, and waking up very early in the morning or waking up tired.

### 01

**Getting enough sleep enough is essential for good physical and mental health.** Sleep allows the body and mind to rest and to recover. **Adults generally need to sleep from 6 to 9 hours a day.** Not sleeping enough can cause health problems.

### 02

#### CAUSES OF INSOMNIA

- Unsuitable place for sleeping (noise, light, temperature)
- Worry and stress
- Anxiety and depression
- Some anti-HIV drugs
- Symptoms of different illnesses (such as pain)
- Use of drugs, especially stimulants
- Excessive use of alcohol
- Drinking coffee, tea or drinks containing caffeine shortly before going to bed

### 03

#### RECOMMENDATIONS FOR SLEEPING BETTER

Very **often making small changes to lifestyle can be enough to sleep better.** The following recommendations may also be useful:

- Drinking herbal tea before going to bed may help you to go to sleep. Avoid drinking coffee, tea or stimulants
- Take a hot bath before going to bed
- Do relaxation and/or breathing exercises
- Read before going to sleep or listen to relaxing music
- Avoid watching the television, using the mobile or other electronic devices in bed

If stress or worries stop you from sleeping, writing your thoughts down on paper may be helpful.

### 04

#### MAIN POINTS

- If you have sleep problems, it is a good idea to talk to your doctor. He or she can help you determine the cause and offer ways of treating it.
- Some anti-HIV drugs can cause sleep problems. If you have problems sleeping, it is a good idea to consult your doctor to check whether they are because of the medication and to evaluate possible ways of treating this problem.
- Some medication may help you sleep but even if they help you to fall asleep, they may cause drowsiness the next day.

**gt** grupo de trabajo sobre tratamientos del VIH  
ENTIDAD DECLARADA DE UTILIDAD PÚBLICA  
ONG DE DESARROLLO

SUBVENCIÓN

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MINISTERIO DE SANIDAD, CONSUMO Y BIENESTAR SOCIAL

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Tel. 93 458 26 41  
consultas@gtt-vih.org