

# Sleep Hygiene & Sleep Apnea

## Sleep Hygiene

7–9 hours is a physiological requirement, not a lifestyle preference


- 1 Consistent bedtime and wake time — even weekends. Circadian rhythm is biological.
- 2 No screens for 30–60 minutes before sleep. Blue light suppresses melatonin onset.
- 3 Dark, cool (65–68°F), and quiet. Non-negotiable for sleep architecture.
- 4 No alcohol within 3 hours of sleep. Alcohol disrupts REM and worsens apnea.
- 5 No caffeine after 2 PM. Half-life of caffeine is 5–7 hours.
- 6 Large meals: finish 2–3 hours before sleep. Late eating raises nocturnal blood sugar.
- 7 10 minutes of stress-reduction practice before bed (breathing, body scan, prayer).


## Sleep Apnea Red Flags


~80% of OSA cases in U.S. adults are undiagnosed — 23.5 million people


Sleep apnea is present in **70–90%** of patients with treatment-resistant hypertension. It nearly doubles the risk of stroke or death. Untreated OSA directly worsens every other number in the ABCs framework.


**Seek evaluation if you experience:**

 Loud snoring

 Witnessed pauses

 Wake unrefreshed

 Daytime fatigue

 Morning headache

 Brain fog / focus

If your blood pressure doesn't respond to medication, ask your clinician specifically about OSA evaluation. This is the most commonly missed explanation.

[Sleep Hygiene & Sleep Apnea websites](#)