

SLEEP

Sleep deprivation following a joint replacement is not uncommon; some factors that may affect your sleep pattern are:

- Reflux disease
- Restless leg syndrome
- Pain and swelling
- Medications
- Depression and anxiety
- Pre-existing sleep disturbances or medical conditions
- Braces or other mechanical factors

We continue to investigate reasons for sleep deprivation. We are in contact with other groups such as: Porter's Sleep Center, Pharmacy Department and Centura Medical Consultants to create a consistent effort in treating these symptoms. Together, we have come up with some recommendations:

- Avoid caffeine after noon
- Avoid napping throughout the day
- Keep your bedroom dark without distractions (television, computer or other electronics)