Heal Better Feel Better

Sleep your way to feeling better, faster.

DID YOU KNOW?

Sleep disruptions are common after surgery.

You're not alone, and better sleep is possible.

WHAT IS SLEEP HYGIENE?

Sleep hygiene is a set of healthy habits that help you get better sleep and support recovery.

Start with healthy sleep habits, home preparation, and a plan for your hospital stay.

HOW TO SUPPORT BETTER SLEEP

- Use supportive pillows and a comfortable mattress
- Make bed access easy and safe
- Clear a path to the bathroom and use nightlights
- Keep your room cool, dark, and screen-free

MAKE EVERY HOUR COUNT

To help you heal after surgery, you should get 7-9 hours of sleep each night.



Healing looks different for everybody.

Talk with your care team about what's safe and can help you heal stronger after surgery.

Find more tips and tools at **www.heal-better.org.**

MSQC
MICHIGAN SURGICAL QUALITY COLLABORATIVE

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