

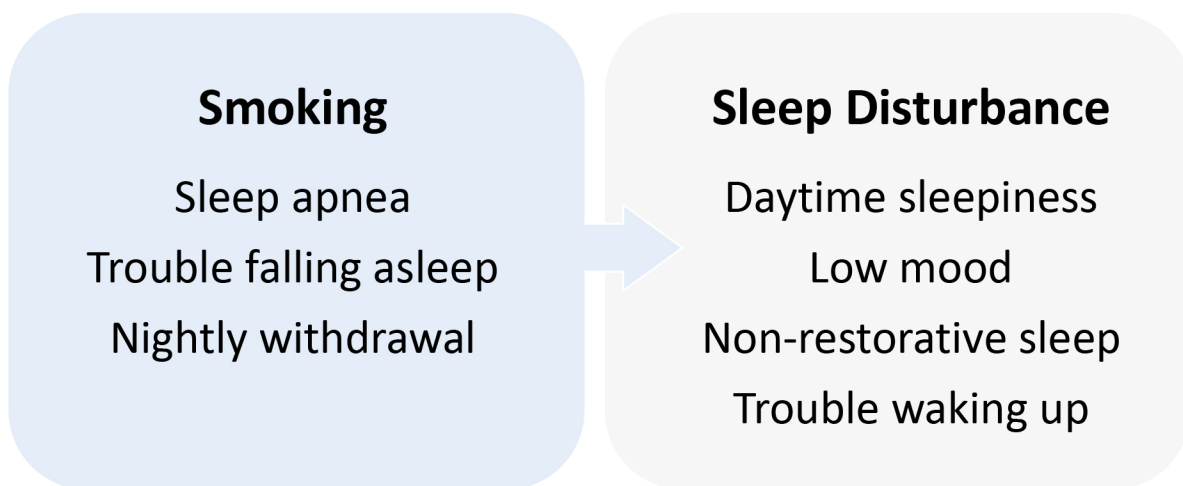
# Tobacco Use & Sleep

## *what's the link?*

### CAMH Nicotine Dependence Services Fact Sheets

#### How are tobacco use and sleep connected?

Individuals that smoke are more likely have troubles sleeping.



Sleep apnea, insufficient sleep, and other sleep-related problems are linked to:

- Heart disease
- Weight gain
- Type 2 diabetes
- Cancer
- Obesity
- Depression

When you first stop smoking, you may experience withdrawal symptoms that may make it difficult to sleep. To improve your sleep, you can use the strategies below.

# How can I get better sleep?

- 1 Avoid food, drink, and activities that may interfere with sleep



- 2 Balance fluid intake to avoid waking up thirsty or to use the washroom

- 3 Keep bedroom quiet, cool, and dark

- 4 Establish a calming bedtime routine



- 5 Go to sleep when tired

- 6 Don't watch the clock

- 7 Take advantage of natural light to set internal clock

- 8 Keep sleep schedule consistent

- 9 Exercise several hours before bed

# How can I quit using tobacco?

When you are ready, here are a few ways to get started:



Talk to a health professional.



Join a support group.



Eat well.



Stay active.

# Resources

- [Smoker's Helpline](https://www.1877513-5333.ca) (1 877 513-5333)
- [Canadian Mental Health Association](https://www.heretohelp.bc.ca) (heretohelp.bc.ca)
- [Tobacco Atlas](https://www.tobaccoatlas.org) (tobaccoatlas.org)
- [Division of Sleep Medicine at Harvard Medical School](https://www.healthysleep.med.harvard.edu) (healthysleep.med.harvard.edu)
- [Centers for Disease Control and Prevention](https://www.cdc.gov/sleep) (cdc.gov/sleep)