

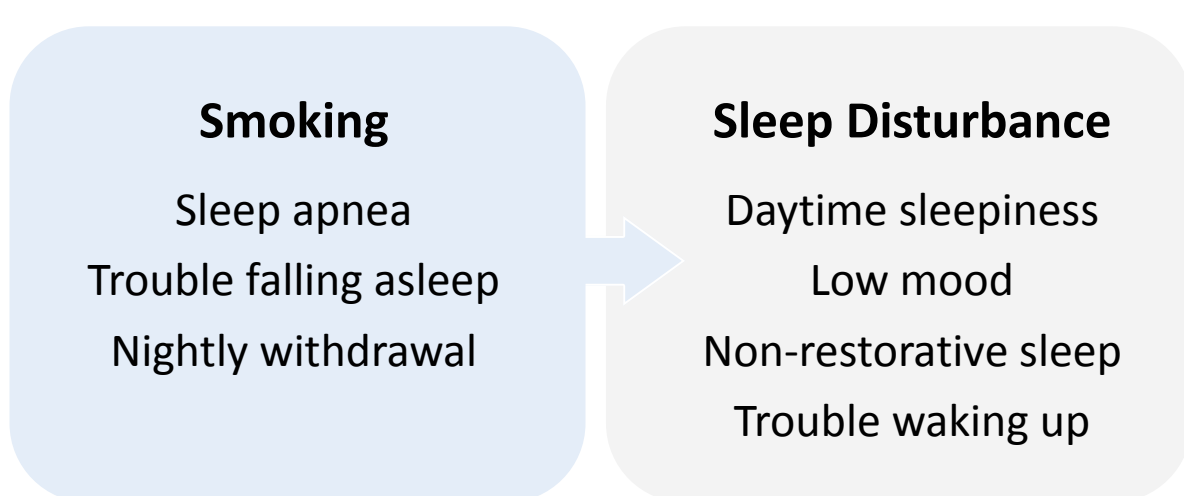
Tobacco Use & Sleep

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.



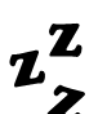
Sleep apnea, insufficient sleep, and other sleep-related problems are linked to:

- 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](#) (1 877 513-5333)
- [Tobacco Atlas](#) (tobaccoatlas.org)
- [Division of Sleep Medicine at Harvard Medical School](#) (healthysleep.med.harvard.edu)
- [Centers for Disease Control and Prevention](#) (cdc.gov/sleep)



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