

Getting better sleep when using TPN at home

Getting enough quality sleep is important for physical health and mental wellbeing. However, sleep disturbance is common for consumers of TPN at home, especially when TPN infusions happen at night during sleep.

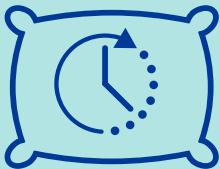
The healthy sleep practices listed below may help you sleep better. The following guidance is based on scientific evidence and input from community members, including TPN consumers and healthcare providers. Improving sleep takes time. Pick a couple of changes that you can make based on the list below.

If your sleep problems persist, please talk to your healthcare team or a sleep specialist about other options.



Getting ready for bed

The things you do before going to bed can help prepare your body to sleep.



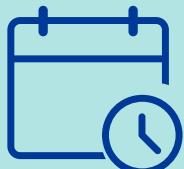
Aim for 7 to 9 hours of sleep.

A total of 7 to 9 hours of sleep is the recommended duration for most adults; however, you may need more or fewer hours of sleep. Keep in mind that this time reflects the time you spend asleep, and not the time you spend in bed. You may need to spend more time in bed to get 7 to 9 hours of sleep. This duration also does not need to be continuous or uninterrupted. It is not unusual to wake up several times in the middle of the night with TPN. If you are struggling with waking up too frequently or falling back asleep in the middle of the night, talk to your healthcare team or a sleep specialist.



Go to sleep and wake up at around the same time each day, even on weekends, days when you are off work, and on nights when you may not be running your TPN.

A regular sleep schedule helps regulate your biological clock by signaling to your body when it is time to sleep. Having consistent sleep and wake times helps you fall asleep and wake up when you want to.



Maintain a TPN infusion schedule that is as consistent as possible by starting your TPN at the same time on days when you run your TPN.

Consistent TPN infusion times may also help prepare your body for better sleep. However, it might be stressful to have a fixed TPN schedule. Discuss the possibility of a flexible TPN schedule with your healthcare team.



Do not go to bed unless you are ready to fall asleep.

It is best to wait until you are ready to fall asleep before going to bed. This will help you avoid lying awake in bed for too long, which may be frustrating. If you think that you may be struggling with insomnia, talk to your healthcare team or a sleep specialist.



Avoid spending too much time in bed.

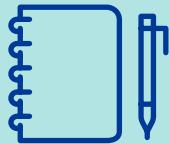
Use your bed only for sleep and intimacy. There may be exceptions, for example, if you are feeling unwell or recovering from surgery.



If you are unable to fall asleep after 20 minutes of being in bed, get out of bed instead of forcing yourself to sleep.

Engaging in a relaxing activity outside of bed such as reading a book or stretching may help you feel sleepy. Return to bed when you are sleepy again.

Getting ready for bed



Create a relaxing bedtime routine.

Start unwinding 1 to 2 hours before bed. A relaxing bedtime routine can include reading, journaling, or some other calming activity.



Avoid engaging in stimulating or stressful activities in the evening.

Try to avoid activities that you find stressful before bed, such as watching the news or checking your email. Some useful ways to manage stress before bed include writing down thoughts that are on your mind, getting organized, and setting goals.



Limit exposure to bright light in the evenings, including bright light from electronic devices.

Limit the use of electronic devices, including phones and TV, at least 30 minutes before your bedtime. Limiting light exposure tells your body that it is time to sleep. Using dimly lit lamps or light dimmer switches can help limit your exposure to bright light in the evenings. Changing the lighting settings of your electronic devices to warmer tones ("Night Shift Mode") or wearing blue-light-blocking glasses before bed can help limit your exposure to bright light at night.



Empty your bladder, bowel, and ostomy bag before going to bed.

Voiding right before going to bed can help limit the number of bathroom trips you make at night.



If safe and possible, limit your oral fluid intake before bedtime.

Limiting your oral fluid intake before bed can help reduce the number of bathroom trips you make at night. This may not be possible for everyone. Always discuss your oral fluid intake and IV hydration with your healthcare team before making any changes.



If you eat or drink by mouth, consider earlier mealtimes, and avoid caffeine and alcohol before bed.

If you eat by mouth, aim to stop eating at least 3 hours before going to bed. This can help you fall asleep and stay asleep more easily. A light snack at bedtime is okay if you are feeling hungry. Avoid both caffeine and alcohol in the evening as they may make it more difficult for you to fall asleep and stay asleep.

Preparing your bedroom for sleep

Your bedroom environment can affect your ability to fall asleep and stay asleep. Making small changes to your bedroom can help you sleep better.



Keep your bedroom cool while you sleep.

An excessively hot or cold room may make it harder for you to fall asleep and stay asleep. Aim for a bedroom that is between 60 to 68 degrees Fahrenheit or 16 to 20 degrees Celsius.



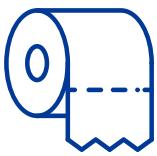
Keep your bedroom as dark as safely possible.

Having a dark bedroom helps you fall asleep and stay asleep. However, if you need some light in your bedroom or hallway, keep it as dim as possible and facing away from you. For example, floor lights can help keep your bedroom dimly lit without disrupting your sleep. If your infusion pump screen is bright, consider safely covering the screen.



Make sure the area around your bed is clutter-free.

You may need to wake up in the middle of the night to use the bathroom or troubleshoot your pump. Creating a clutter-free space around your bed by having a dedicated TPN equipment area can make this quicker and safer so that you can get right back to bed.



Make sure your path to the bathroom is clear.

Using the bathroom at night is often necessary. Find ways to make trips to the bathroom at night quicker and safer so that you can get right back to bed. For example, use a cart or trolley bag to help you move your pump, remove any rug or carpet that may make you fall, use night lights and dimly lit hallways, install handrails to prevent you from falling, or move your bed closer to the bathroom. Although not for everyone, if getting to the bathroom is difficult for you, a bedside commode can sometimes help.



Keep your bedroom as quiet as possible.

If you find that your pump alarms are loud and disruptive, consider safely masking the noise. Some ways to do this include covering the pump, placing the pump in a pillowcase or bag, or using a white noise machine. You should still be able to hear important emergency alarms. If you use multiple pumps, try to synchronize the pumps to limit the number of alarms at night. You should not have to deal with many alarms during the night; try to find out what is causing the alarms to ring at night. If you are still struggling with too many alarms at night, speak to your healthcare team about troubleshooting or switching to a newer pump.

Preparing your bedroom for sleep



Prepare your bed area to maximize comfort while running TPN at night.

You may experience feeling hot or cold during TPN infusions, and preparing for this can help you sleep more comfortably. For example, if you often experience night sweats, sleeping on a towel can help you fall back asleep quicker. Having an extra blanket for night chills, bringing the TPN bag to room temperature before starting your infusion, or having extra cleaning supplies within reach may help you during your sleep.



If you have a bed partner, talk to them about your sleep needs.

Social support is important when receiving TPN at home, so involve your bed partner to get the help you need. For some people, it may be helpful to sleep in separate beds or rooms to avoid disrupting the sleep of others.

During the day

Certain activities and habits during the day can affect your sleep at night. Try incorporating some of the following into your daily routine to improve your sleep.



Go outside and get natural sunlight for at least 30 minutes each day.

Sun exposure, especially in the morning, can help you feel awake and refreshed.



Try to be active during the day to the best of your ability.

Stretching, walking, and staying active during the day can improve your sleep. Talk to your healthcare team about being active during the day.



If you benefit from napping, aim to nap within 6 to 8 hours of waking up and keep your naps to 30 minutes.

Longer naps in the evening may make it difficult to fall asleep at night. However, more frequent napping may be necessary when you are feeling unwell or recovering from surgery.

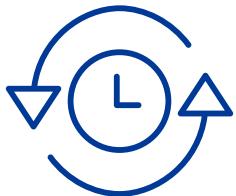
Strategies for better sleep

It may take time to find ways to improve your sleep. Here are some strategies that may help with your sleep. These strategies do not work for everyone. Through trial and error, you may be able to find something that works best for you.



Try tracking your sleep for a couple of days using a sleep diary.

Tracking your sleep for at least one week can help you and your healthcare team find ways to improve your sleep and identify behaviors that may cause you to sleep poorly. You can use our sleep diary to track your sleep and TPN infusion. If you prefer to track your sleep electronically, you can also use a sleep tracking device and mobile application available for your phone. Keep in mind that sleep duration estimated by wearable technology and phone apps are not always accurate.



Discuss with your healthcare team about making changes to your TPN infusion or IV hydration schedules.

Longer infusion cycles, for example 12 hours instead of 10 hours, can help reduce the number of bathroom trips at night. Shorter infusion cycles, however, can help you run your TPN quicker. Starting infusions earlier in the evening may also help by having the infusions end earlier in the morning. Discuss these possibilities, including changes to your IV hydration, with your healthcare team before making any changes.



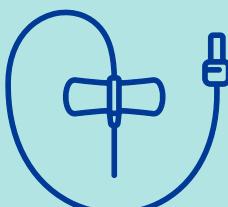
Running your TPN during the daytime can help you sleep better.

However, TPN during the daytime may be inconvenient and difficult for many. Talk to your healthcare team about switching to TPN or IV hydration during the daytime.



Consider a different sleeping posture if your TPN at night is causing you discomfort.

Sleeping inclined may help relieve indigestion, reflux, and nausea.



If you struggle with line tangling and mispositioning, or fear line dislodgement while sleeping, consider longer line tubing or try securing your line.

Longer line tubing or curly tubing can give you more wiggle room to shift positions at night. Using central line wraps, PICC line sleeves, or tubing clips can also help secure lines. There are also ways to minimize medical line entanglement, which can be a safety hazard, such as covering and securing lines, taping multiple lines together, fixating lines to the arms or legs, avoiding tubing near the neck area, and placing the pump under the bed.



Consider replacing your IV pole with a backpack for easier movement at night.

Hanging your TPN bag on an IV pole may make it difficult for you to move at night, especially on a carpet or rug. Try using a cart, trolley bag, or backpack to help you move your pump around.

Strategies for better sleep



Review your list of medications with your healthcare team for possible sleep interference.

Some medications may affect how you sleep. Review your medications with your healthcare team to find which ones may be disrupting your sleep.



Do you smoke tobacco or vape?

Talk to your healthcare team about ways to quit.



Consider the following sleep aids that may help you with your sleep: eye masks, earplugs, blackout curtains, weighted blankets, and white noise machines.

Different aids work well for some people. Test different aids for a few nights to find out which ones may help you fall asleep and stay asleep.



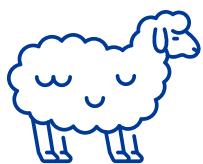
Create new relaxing behaviors before bed.

This can include listening to calming music or nature sounds, practicing gentle yoga, relaxing your muscles to relieve tension, wearing loose and soft clothing, and aromatherapy using essential oils.



Practice meditation and mindfulness to help you relax before going to bed.

Guided meditation available on different mobile applications can help you learn new ways to control your thoughts and breathing. For example, one technique is guided imagery, in which you visualize positive images to help your body relax and relieve stress and anxiety. You can find free guided meditation resources and mobile applications on the internet.



Cognitive Behavioral Therapy for Insomnia (CBT-I).

CBT-I is a common, safe, and effective treatment for people with insomnia that may be helpful if you are struggling with getting to sleep or staying asleep. Cognitive therapy, Sleep restriction therapy, Stimulus control therapy, Sleep hygiene, and Relaxation techniques are forms of CBT-I. CBT-I needs to be administered by a clinician, so please discuss this therapy with your healthcare team. You can find a trained clinician in CBT-I on the internet.



Melatonin may help you fall asleep for a few nights but is unlikely to help in the long term.

Sleep medications may be useful for a few nights. Discuss sleep medications and supplements with your healthcare team before taking them.



If your sleep problems continue, discuss options with your healthcare team.

Please contact your healthcare team or a sleep specialist to rule out sleep disorders such as insomnia, sleep apnea, and restless legs syndrome.

Sleep diary for home TPN consumers

Tracking your sleep for at least one week can help you and your healthcare team find ways to improve your sleep and identify behaviors that may cause you to sleep poorly. You can use the following sleep diary to share your sleep habits with your healthcare team.

Today's Date/Current Time: _____

1. What time did you go to bed **last night?** Time: ____:____ am / pm
2. At what time did you try to fall asleep **last night?** Time: ____:____ am / pm
3. How long did it take you to fall asleep yesterday in minutes? ____min
4. What time did you finally wake up **today?** Time: ____:____ am / pm
5. Approximately how many hours of sleep did you get at night? ____ hour ____ min
6. On a scale from 0 (poorly) to 10 (great), how well did you sleep **last night?** ____
7. Did you take any medications or supplements to help you sleep **last night?** No Yes
If yes, please specify: _____
8. How many times did you wake up during your sleep period? _____
List each: indicate at what time and for how long?
At what time? ____:____ am/pm **For how long?** ____ hour ____ min
Reason? _____

At what time? ____:____ am/pm **For how long?** ____ hour ____ min

Reason? _____

At what time? ____:____ am/pm **For how long?** ____ hour ____ min

Reason? _____

At what time? ____:____ am/pm **For how long?** ____ hour ____ min

Reason? _____

9. Did you nap yesterday? No Yes

If yes, how many times? _____

If yes, list each nap: indicate at what time you took a nap and for how long?

At what time? ____:____ am/pm **For how long?** ____ hour ____ min

10. What time did you start your home TPN infusion? Time: ____:____ am / pm
11. What time did your home TPN infusion end? Time: ____:____ am / pm
12. Were there any unexpected disruptions to your TPN? No Yes
If yes, specify at what time and for how long:
At what time? ____:____ am/pm **For how long?** ____ hour ____ min

13. Did you receive any IV hydration (fluids) with your TPN?

No Yes

_____ hour _____ min

14. Did you receive any additional lipids with your TPN?

No Yes

At what time? ____:____ am/pm For how long? ____ hour ____ min

15. Did your pump alarm go off at night?

No Yes

If yes, specify at what time:

At what time? ____:____ am/pm For how long? ____ hour ____ min

16. Did you eat or drink anything by mouth yesterday, including coffee and alcohol? No Yes

If yes, please indicate here all that you have consumed (use additional pages if necessary):

Write here any other comments about your sleep: