



# 3 Tips for Better Sleep

July 12, 2018 By [Karen Hoyt](#)

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Karen Hoyt is a blogger who has a story about hepatitis C, cirrhosis, end-stage liver disease, liver cancer, and liver transplantation. This excerpt first appeared on Karen's [I Help C blog](#).

Sleep is a struggle for me. I don't know what it's like to doze off quickly, or sleep all night. I've tried everything and here are my top 3 tips for better sleep. New studies are showing that 8 - 10 hours are need for our body to get the restoration it needs, not to mention giving our brain power a boost. Try the 3 tips for better sleep and see if you snooze more quickly, and wake up refreshed.

1) Comfy - Whether you love high thread count, fancy, flannel, or microfiber - make sure the fabric of your sheets are comfy. I prefer prints. That is because food, and other stuff, doesn't show like it does on solid sheets. Sometimes I sleep with those softy softy blankets right on top of my skin. Other times, it's just a sheet. If temperatures, or hot flashes, are a problem - just go with layered bedding. (sticking your foot outside the covers helps with hot flashes) I personally like a top and bottom sheet. On top of that is a heavy cotton bedspread, which is quilted and cozy. BUT - at the foot of my bed is my softy blankie that can go in and out depending on the temperature, or comfort level needed. Sometimes I just need to feel something so so soft next to my skin in order to relax, don't you? Pillows are a whole other blog and it will get written eventually because it involves posture and neck pain. By watching for sales and choosing bedding carefully you can make your cocoon a cozy next for sweet rest.

2) Cave - Our brain works with a circadian rhythm and will signal us when it's time to sleep..... sometimes. With illness .... and lights from televisions, [phones, and computers](#), our wiring can get crossed. That's when we have to trick out brain into hibernation. Sadly, with years of [liver cirrhosis](#) from [Hepatitis C, I had to use every trick in the book. My number 2 tip is to create a cave. For me, t](#) that means dark. You may want to use room darkening blinds or curtain to help block the morning sun. Black eye masks can help to create a dark space for your eyes to slow down, and with it your thoughts. (lay a dark sock over your eyes if you don't have a mask) Another thing that creates a cave-like atmosphere is a cold room. We basically sleep in a refrigerated room. Year round, we like it about 68 Fahrenheit at bedtime. It helps with the slowing down and getting still part that leads to good sleep.

[Click here](#) to read Karen's third tip for better sleep, and the rest of this blog.

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