

Sleep

Sleep deprivation following a joint replacement is not uncommon; some factors that may affect your sleep pattern are:

- Pain and swelling
- Medications
- Depression and anxiety
- Reflux disease (heartburn)
- Restless leg syndrome
- Pre-existing sleep disturbances or medical conditions
- Braces or other mechanical factors

Some recommendations to help with sleep deprivation include:

- Avoid caffeine after noon
- Avoid napping throughout the day
- Keep your bedroom dark without distractions (television, computer or other electronics)
- Keep a healthy sleep routine by going to bed at a similar time each night and waking up at a similar time each day