



Sleeping Tips and Strategies (Pre- or Post-Op)

"Getting enough sleep has always been a struggle for me. Below are some strategies that helped me sleep before and after my Total Hip Replacement. Good luck and sweet dreams!" -Pete

1. Avoid or minimize pain meds during the day so they are more effective at night. One of the side effects of some narcotics and other medications can be insomnia, so you may want to avoid these before bed if they have this effect on you.
2. Plan activities that may cause pain for the early part of the day. Start preparing for a good night's sleep in the late afternoon by discontinuing activities that might make it worse. And begin taking pain meds to reduce pain before bedtime.
3. Take an Over-the-counter (OTC) sleep aid (with ingredients like Diphenhydramine or Doxylamine Succinate). Magnesium, Melatonin and similar things did not help me sleep, but maybe they will help you.
4. If you find yourself waking up in the middle of the night, be prepared. Have a second dose of painkillers, sleep aids, and water at your bedside so you don't have to get out of bed.
5. This video talks through how I managed pain in order to get enough sleep to function pre-op, but I did essentially the same post-op. [How to Manage Pain Waiting for Total Hip Replacement.](#)

More resources and information

Website: hipvlog.org

YouTube: [@Peteshipvlog](https://www.youtube.com/@Peteshipvlog)

Facebook: [Hip Replacement Support](#)

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