Texas Lung Associates



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Authorization to Release Medical Information from Texas Lung Associates Sleep Hygiene Recommendations

- Avoid watching TV, eating or discussing problems in bed.
- (Name of patient or legal representative)
 Make your bedroom quiet, dark and cool.

Texas Lung Associates

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Denton, TX 76201

>TeGeOenOugh2lay8ight during the day. That will help your body know when it is time to be Faxward and scheroit 9 it 9 it ine to sleep.

* Alone Alter signinfor decrease trips to the bathroom at night.

See your doctor to discuss treatment of frequent night time urination. (Name of person/entity who should receive records)

Avoid caffeine after noon.

Avoid smoking for two hours before bed. While it may feel relaxing, it is a stimulant.

- The health records of: Avoid alcohol for two hours before bed. It makes you feel sleepy, but it may awaken you at (Name of person whose records will be released)
- Avoid exercising for two hours before bed. It can cause you to feel energized and keep you (Date of birth) (Social Security Number) awake.

All Avoid having a heavy meal right before bed, but a light snack or glass of milk can be relaxing.

Avoid napping if you can. If you do nap, try to limit the time to a half an hour or less. Avoid The purpose of this release: napping after 3:00 pm.

Limitations of this release (to include but not limited to releasing information regarding Wind down for one to two hours before going to bed. Avoid arguing, talking on the phone, AIWatefing exetting TV shows or reading exciting books.

Signature___

Date_____