

HELPFUL HINTS FOR SLEEP HYGIENE

The promotion of regular sleep is known as *sleep hygiene*.

Your Personal Habits

- Fix a bed time and an awakening time
- Limit a nap to 30-45 minutes
- Avoid alcohol
- Avoid caffeine 4-6 hours before bedtime
- Avoid heavy, spicy or sugary food 4-6 hours before bedtime
- Exercise regularly, but not before bedtime

Your Sleeping Environment

- Use comfortable bedding
- Find a comfortable temperature for sleeping and keep room well ventilated
- Block out all distracting noise
- Eliminate as much light as possible
- Reserve the bed for sleep and sex

Getting Ready for Bed

- Try a light snack before bed (milk and bananas contain tryptophan which helps with sleep)
- Practice relaxation techniques before sleep
- Don't take your worries to sleep
- Establish a bedtime routine (warm bath, light reading)
- Get into your favorite sleeping position

Getting Up in the Middle of the Night

- Limit fluids after dinner to limit needing to get up to go to the bathroom
- If you wake up in the middle of the night and don't fall back asleep in 20 minutes, get up and do some light reading. Don't make tossing and turning a habit

A Word about Television

- Don't make a habit of watching TV in bed. Always sit up in a chair for TV as it is too engaging. Light music or radio is preferable.



National Sleep Foundation recommendations:

1. Go to bed at the same time each night and rise at the same time each morning.
2. Make sure your bedroom is a quiet, dark, and relaxing environment, which is neither too hot or too cold.
3. Make sure your bed is comfortable and use it only for sleeping and not for other activities, such as reading, watching TV, or listening to music. Remove all TVs, computers, and other "gadgets" from the bedroom.
4. Physical activity may help promote sleep, but not within a few hours of bedtime.
5. Avoid large meals before bedtime.

http://www.cdc.gov/sleep/about_sleep/sleep_hygiene.htm



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