

## **Tips for Good Sleep Hygiene**

- Go to bed and wake up at the same time every day, make an itinerary helping you regulate your body's biologic clock. Avoid sleeping in after a poor night's sleep. Create a routine going to sleep every night, like preparing your mind that it is time to sleep.
- Make yourself comfortable, including your bed and partner. Use comfortable clothes. Maintain a slightly cool temperature. If you are a light sleeper, use a fan to mask other noises. External noises can also be masked with curtains or earplugs. Keep your room dark.
- Exercise regularly, but six hours before bedtime. Do not exercise during the night.
- Do not drink beverages containing caffeine (tea or coffee) or any stimulants (Nicotine or tobacco) during the afternoon. Avoid heavy meals at night, although a snack is not recommended at night; don't go to bed hungry.
- Avoid taking any work to the bedroom, like balancing your checking accounts, or having any kind of strong discussion in the bedroom.
- Consider your bed a sacred place for only two sacred things (sleeping is the other one).
- Take your TV set out of the bedroom. You need to associate the bedroom with sleep.
- If you do not fall asleep in 20-30 minutes, get off the bed and go to another room and enjoy a relaxing activity like reading a book or listening to music; have a small snack.
- Avoid watching the late TV news.
- Do not take naps during the day. (If you take a nap, it should be short, less than 30 minutes and earlier in the afternoon).
- Do not ever use alcoholic beverages to induce sleep.

- Discuss all your medications with your physician; avoid sleeping pills as much as possible. Sleep problems may indicate other medical problems. Always consult with your physician. Generally, chronic use of sleeping pills may interfere with sleep as well.
- Try using a cervical pillow or change your pillow.
- Consider using a humidifier.
- Get sunlight exposure during the day.