

## **SLEEP HYGIENE**

### **INCREASE YOUR NATURAL DRIVE FOR SLEEP**

- Avoid naps. If you have to nap, limit it to 30 minutes and no later than right after lunch.
- Restrict sleep period to average number of hours you have actually slept for night in the preceding week. Quality of sleep is important. Too much time in bed can decrease sleep quality the next night. Sleep at least 7 hours a night.
- Get regular exercise each day. Preferably 40 min. of activity that increases your heart rate. It is best to finish exercise at least 3 hours before bedtime.
- Take a hot bath for 30 min. within 2 hours of bedtime. A warm drink may help you relax as well.

### **WORK WITH YOUR OWN INTERNAL DAILY CYCLES**

- Get out of bed at the same time every day.
- Did not exposure self to bright light if you have to get up at night.
- Get at least one half hours on light within 30 min. of getting out of bed in the morning.

### **DRUG EFFECTS**

- Do not smoke to get yourself back to sleep.
- Do not smoke after 7 PM (**It is best to stop smoking altogether!!**)
- Try avoiding caffeine entirely for 4 weeks.; Afterwards limit yourself to a maximum of 2 cups of caffeinated beverage and no caffeine after 10 AM.
- Drink no more than one alcoholic beverage per day. Alcohol can interrupt sleep in the second half of the night.

### **AVOID BEING AROUSED IN YOUR SLEEP SETTING**

- Keep your clock face turned away and did not find out what time it is when he wakes up at night.
- Avoid strenuous exercise after 6 PM.
- Do not eat or drink heavily for 3 hours before bedtime. A light bedtime snack may help sleep.
- If you have trouble with heartburn, avoid heavy and spicy evening meals. Do not go to bed too full or too hungry. If heartburn is a problem, raising the head of your bed by putting 3–4 inch blocks under the legs may help.
- Keep your room dark, quiet, well ventilated and a comfortable temperature throughout the night. Earplugs and eye shades may help.
- Light, non-work-related reading at bedtime may help sleep. Do not read in bed.
- Set aside a "worry time" before bedtime. Make a one sentence list of problems and worries and a brief way you will deal with it tomorrow. Forgive yourself and others.
- Learn relaxation techniques to help you enjoy the pleasant sensation of relaxation.
- Use stress management in the daytime.

- Be sure your mattress is not too firm or too soft. Make sure your pillow is a comfortable height and firmness.
- An occasional sleeping pill is probably okay, but discuss with your doctor.
- Use the bedroom only for sleep. Do not watch TV in bed, read in bed, work in bed or eat in bed.
- If possible, have care-giving responsibilities for children, family or pets assumed by others while you are sleeping.