

SLEEP HYGIENE

TIPS FOR PROMOTING RESTFUL SLEEP

- Sleep as much as needed to feel refreshed and healthy during the following day but not more
- Maintain regular bed and awake times
- Eliminate caffeine after dinner
- Be wary of alcohol--it can help you get to sleep but disturbs the quality of your sleep
- Steady daily exercise during the day, not evening
- Block out loud noises--use fans or noise machines
- Remember hot weather makes sleep difficult
- Chronic tobacco use disturbs sleep
- If you are having REPEATED EPISODES of trouble falling asleep get out of bed and your bedroom and do the following:
 - 1) Engage in some restful non-stimulating activity e.g. read, watch T.V., do a relaxation exercise
 - 2) Do not return to bed until you are very tired
 - 3) Return to bed when you are tired
 - 4) Repeat #1 if you continue to have trouble falling asleep until you fall asleep.
 - 5) Maintain your usual awake time, do not over sleep
 - 6) Do not nap the following day
 - 7) Try to stay up until your regular bedtime.

