



### HEALTHY SLEEP HABITS\*

1. Regiment your sleep schedule: Same time to bed and same time to rise on a regular basis.
2. Exercise regularly each day. It is best to finish exercise 6 hours before bedtime.
3. Avoid naps; but check with your physician first (in some sleep disorders, naps are beneficial).
4. Take a hot bath to raise your body temperature within two hours before bedtime. A warm drink may help you relax as well as warm you up.
5. Do not smoke after 7:00 P.M. or stop smoking entirely if possible.
6. Avoid caffeine in the evening and close to bedtime. Try to limit caffeine intake to 3 cups per day, prior to 10 A.M.
7. Decrease the use of alcoholic beverages as much as possible. Alcohol can fragment sleep over the second half of the sleep period.
8. Avoid eating a full meal or drinking 3 hours before bedtime. A light bedtime snack may be helpful.
9. If you have trouble with regurgitation, be especially careful to avoid heavy foods and spiced in the evening. Do not retire too hungry or too full. The head of the bed may need to be raised.
10. Keep your room dark, quiet, well ventilated and at a comfortable temperature throughout the night. Ear plugs and eye shades are OK.
11. Reading before lights out may be helpful if it is not occupationally related.
12. List problems and one sentence next step solution for the following day. Set aside worry time. Forgive yourself and others.
13. Learn simple self-hypnosis to use if you wake up at night. Do not try too hard to sleep; instead, concentrate on the pleasant feeling of relaxation.
14. Keep clock face turned away, and do not find out what time it is when you wake up at night.
15. Use stress management during the daytime.
16. Mattress and pillow should not be too soft or too firm.
17. Use bedroom only for sleep and sex; do not work or do other activities that lead to prolonged arousals.
18. If you are not drowsy and are unable to fall asleep within 10- 15 minutes, leave your bedroom and engage in a quiet activity elsewhere. Do not permit yourself to fall asleep outside the bedroom. Return to bed when, and only when, you are sleepy. Repeat this process as often as necessary throughout the night.

(\* Adapted from the *Principles and Practice of Sleep Medicine*; Ed: Kruger, Roth, Dement)