

HOW TO PRACTICE GOOD SLEEP HYGIENE (CARING FOR YOURSELF BEFORE BEDTIME)

- After lunch, avoid caffeinated foods/drinks such as coffee, tea, chocolate, soda, alcohol and nicotine (cigarettes)
- Start a bedtime ritual (such as drinking warm milk, eating a light, high protein snack or reading)
- Finish exercise at least two hours before bedtime
- Spend time in bright light during the day
- Keep up a regular schedule (even if you are tired or didn't sleep well)
 - If possible, wake up and go to bed at the same time each night
 - Avoid or limit naps
 - Go to bed only when sleepy (if you are still awake after 20 minutes, do something relaxing and go to bed when you get sleepy)
- Set up an environment that helps you sleep
 - Reduce noise or try white noise
 - Turn off the TV and computer at least one hour before bedtime
 - Sleep in a dark, cool, quiet and relaxing room
 - Make sure you have enough bed covers for warmth or adjust room temperature
 - Use the bed only for sleep and intimacy
 - Do not watch the clock



HOW TO RELAX

- Take a warm shower or bath before going to bed
- Try some relaxing activities before bed such as reading, meditation, prayer or listening to calming music
- Use relaxation and stress reduction techniques
 - Progressive muscle relaxation (relaxing your body, one muscle at a time)
 - Guided imagery (focusing your mind on positive thoughts)
 - Breathing from your stomach
 - Meditation
 - Massage

OTHER TIPS TO GET RESTFUL SLEEP

- Be active during the day (exercise, yoga, walking, etc.)
- Use ear plugs or an eye mask at night
- Think about the timing of medications:
 - Diuretic medications (medicines that make you get up at night to urinate)
 - Steroids and other medications that can keep you awake
- See your doctor to treat the causes of insomnia, if known, such as:
 - Sleep apnea
 - Restless leg syndrome
 - Pain
 - Depression
 - Anxiety
- Use a sleep diary for two weeks to see what may be keeping you awake