

Sleep Hygiene



Strategies to improve your sleep:

- Avoid napping during the day.
- Avoid stimulants such as caffeine, nicotine or vigorous exercise around bedtime.
- Regular exercise can help promote restful sleep (especially when done in the afternoon).
- Avoid eating around bedtime, especially heavy, spicy or sugary foods.
- Enough sunlight during the day promotes regular sleep-wake cycles.
- Set a sleep routine. Your body will learn to sleep and wake at the same time every day.
- Use a set bedtime routine that helps you relax - your brain will learn that this routine means that you are preparing to sleep.
- Make the room comfortable, quiet and dark. A cool temperature is usually most conducive to sleep.
- Only use your bedroom for sleeping. This will train your brain that when you are in bed, you are sleeping.
- If you are having trouble falling asleep, practice deep breathing or progressive muscle relaxation (PMR).
- If you haven't fallen asleep after 15-30 minutes, get up and go into another room. Do a relaxing activity until you feel sleepy.



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