

Tips for Improving Sleep Hygiene

1. **Don't go to bed unless you are sleepy.** Read a book, browse through a magazine, or listen to some soothing music.
2. **If you are not asleep after 20 minutes, get out of bed.** Find something to do that will make you feel relaxed. Do this in a room other than your bedroom. Once you feel sleepy again, go back to bed.
3. **Begin rituals that help you relax each night before bed.** This can include a warm bath, a light snack or a few minutes of reading.
4. **Get up at the same time every morning.** Do this even on weekends and days off.
5. **Avoid taking naps.** If you must nap, keep it short (less than one hour). Never nap after 3:00 p.m.
6. **Try to keep routine in your schedule.**
7. **Don't read, write, eat, watch TV, talk on the phone or play cards in bed.**
8. **Do not consume caffeine after lunch.**
9. **Do not have a beer, a glass of wine or any other alcohol within six hours of bedtime.**
10. **Do not have a cigarette or any other source of nicotine before bedtime.**
11. **Do not go to bed hungry, but be careful not to eat a big meal near bedtime either.** If you are hungry, have a light snack.
12. **Avoid any tough exercise within six hours of bedtime.** Regular exercise is recommended but should be done earlier in the day.
13. **Avoid sleeping aids;** especially things like Benadryl or Tylenol P.M.
14. **Try to get rid of or resolve things that make you worry.** Your bed is a place of rest not a place to worry.
15. **Keep your bedroom quiet, dark and a little bit cool in temperature.**