

## **PRACTICE GOOD SLEEP HYGIENE**

Good sleep hygiene includes the following elements:

- Maintain regular Sleep and Wake Times.
- Get an adequate amount of sleep every night.
- Go to bed when you are sleepy.
- Stay in bed only as long as you are asleep.
- Lie still.
- Use bedroom only for sleep and sex.
- Establish a regular, relaxing Bed Time Routine.
- Create a sleep-conducive environment (e.g., eliminate unnecessary light and sound; reduce room temperature)
- Get a comfortable supportive mattress and pillow.
- Get regular exercise but avoid exercise for a few hours before bed.
- Finish eating at least 2 - 3 hours before bedtime.
- Eat a healthy snack before bedtime.
- Avoid stimulants close to bed time (caffeine, nicotine, etc.)
- Avoid alcohol close to bed time.
- Avoid stress, worries and drama close to bed time.
- Take short naps but not after 3:00pm.
- Use sleep aids conservatively.

*Your physician may prescribe additional and/or more stringent guidelines tailored to your specific to your situation.*