

## Suggestions for Good Sleep

1. **Sleep only as much as you need** to feel refreshed during the following day. Restricting your time in bed helps to deepen your sleep. Excessively long times in bed lead to fragmented and shallow sleep. Get up at your regular time the next day, no matter how little you slept.
2. **Get up at the same time each day, 7 days a week.** A regular wake time in the morning leads to regular times of sleep onset, and helps to set your “biological clock”.
3. **Exercise regularly.** Schedule exercise times so that they do not occur within three hours of when you intend to go to bed. Exercise makes it easier to get to sleep and to sleep deeply.
4. **Make sure your bedroom is comfortable and free from light and noise.**
5. **Make sure that your bedroom is at a comfortable temperature during the night.**
6. **Eat regular meals and do not go to bed hungry.** A light snack at bedtime (especially carbohydrates) may help sleep, but avoid greasy or “heavy” foods.
7. **Avoid excessive liquids in the evening.**
8. **Cut down on all caffeine products.** Caffeinated beverages and foods (coffee, tea, cola, chocolate) can cause difficulty falling asleep, awakenings during the night, and shallow sleep. Even caffeine early in the day can disrupt nighttime sleep.
9. **Avoid alcohol, especially in the evening.**
10. **Don’t smoke.** Smoking may disturb sleep because nicotine is a stimulant. Try not to smoke during the night when you have trouble falling asleep.
11. **Don’t take your problems to bed.** Plan some time earlier in the evening for working on your problems or planning the next day’s activities. Worrying may interfere with initiating sleep and produce shallow sleep.
12. **Train yourself to use the bedroom only for sleeping.** This will help condition your brain to see bed as the place for sleeping. Do not read, watch TV, or eat in bed.
13. **Do not TRY to fall asleep.** This only makes the problem worse. Instead, turn on the light, leave the bedroom, and do something different like reading a book. Don’t engage in stimulating activity. Return to bed only when you are sleepy.
14. **Put the clock under the bed or turn it so that you can’t see it.** Clock watching may lead to frustration, anger, and worry, which interfere with sleep.

***\*If you find yourself having on-going difficulty sleeping despite doing your best with your sleep hygiene, please talk to a professional who is knowledgeable about sleep for more help. You can sleep better!***