

# SLEEP HYGIENE

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- Establish fixed times for going to bed and waking up (avoid sleeping in after a poor night sleep)
- Avoid napping during the day.
- Get regular exposure to daylight.
- Try to exercise regularly and avoid exercise 4 hours before bedtime.
- Try to relax before going to bed (e.g. listening to some relaxing music).
- Try to create a bedtime routine, reading and drinking a warm, milky drink every night.
- Avoid caffeine, nicotine and alcohol late at night.
- Avoid eating a heavy meal late at night or going to bed hungry.
- Avoid watching or checking the clock throughout the night.
- Avoid engaging in stimulating behaviour just before bed (e.g. playing computer games/looking at a phone).
- Switch off the TV and your phone at least an hour before going to bed.
- Have a bath/shower at least an hour before bed to regulate your body temperature.
- Keep a worry journal: list your worries and any ideas to solve them- then try to forget about it until morning.
- If you lie in bed awake for more than 20-30 minutes, get up and go to a different room (or a different part of the bedroom), and participate in a quiet activity (e.g. non-excitable reading), then return to bed when you feel sleepy. Do this as many times as needed during the night.
- Maintain a comfortable sleeping environment (see below)
- **Bedroom Environment:**
- Try to ensure the room temperature helps facilitate sleep (i.e. not too warm or too cold)
- Try to keep your hands and feet warm.
- Use thick blinds or curtains, or wear an eye mask if the early morning sunlight or bright streetlamps affect your sleep.
- Wear ear plugs if noise is a problem.
- Do not use the bedroom for anything other than sleeping or sex.
- Do not watch TV, make phone calls, eat or work while you are in bed.
- Make sure you have a comfortable mattress, a pillow that you like and adequate bed covers for the time of year.
- Remove any electrical items out of the room, or as far away from the bed as possible. Make sure all electrical items are switched off if they are in the room.

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