

The hygiene of sleep

It is important to try to fix those things that are obviously interfering with your sleep. This is what sleep hygiene is about. Think of it as a checklist that helps you reflect on what you can do *during the day, before going to bed, and when in bed* to help you sleep soundly. Improving your sleep hygiene can pave the way for a good night's sleep, but for people with long standing insomnia, just focusing on sleep hygiene is often *not* enough.

Use the following checklists for **Daytime**, **Before Bed**, and **In Bed** sleep hygiene to help you get ready for sleep.

Daytime

Exercise wisely Daytime exercise (with elevated heart rate and perspiration, ideally)

Eat wisely Avoid going to bed full or hungry

Nap wisely Avoid napping, or short naps only before 3 pm

Stimulants Only early, daytime use of caffeine, nicotine, other stimulants

Medications Take during day if they disrupt sleep*

Before Bed

Sleep disruptors

- Avoid caffeine
- Avoid nicotine
- Limit or avoid alcohol
- Avoid bright lights
- Avoid some medications*
- Avoid screen time (texting, TV, etc.)
- Avoid hunger, avoid fullness
- Avoid loud noises

Mobile phone

- Night mode (do not disturb)
- Away from bed

Relaxation

RELAXING ROUTINE, NIGHTLY

- Stretching or yoga
- Mindful breathing
- Guided meditation
- Soothing sounds or silence
- Avoiding vigorous exercise
- Finish your “planning time”/“worry time”
- Progressive muscle relaxation

Notes

In Bed

The room Quiet, dark (ear plugs & mask if needed)

The bed Warm (not hot), comfortable

You **CALM. TIPS TO HELP YOU QUICKLY EASE INTO SLEEP**

- Imagery
- Mindful breathing
- Push away worries / planning until tomorrow
- Asleep (leave after 15-20 min. if not asleep; return when sleepy)

Rise time Out of bed and active

Notes

**Ask your pharmacist or prescriber for guidance.*
