



SLEEP HYGIENE

When it comes to sleep, your body is very sensitive to changes in daily routine. Traveling or changes in your work schedule, for instance, can cause sleep problems. In addition, disruption of habitual behaviors such as eating, exercising, leisure, and even relational conflict may negatively impact your ability to fall asleep at night. Maintaining a good sleep hygiene can bring positive results to your attempt to sleep well and comfortably.

Recommendations



- Go to bed at the same time each day.
- Get up from bed at the same time each day and try to do the same on weekends.
- Get regular exercise (including stretching) each day, preferably in the morning.
- Get regular exposure to outdoor or bright lights, especially late in the afternoon.
- Keep the room temperature comfortable.
- Keep the bedroom quiet when sleeping.
- Keep the bedroom dark while preparing to go to bed and during sleep.
- Use your bed for sleep and sexual activity.
- Establish a regular, relaxing bedtime routine such as warm bath or shower, aromatherapy, reading, or listening to soothing music.
- Use a relaxation exercise just before going to sleep or use relaxing imagery.
- Keep your feet and hands warm. Wear warm socks to bed.
- Designate specific times during the day to write down problems and possible solutions.
- Put your ideas aside when bedtime is approaching.

Avoid



- Exercising just before going to bed and not later than 3-4 hours before bed.
- Engaging in stimulating activity/important discussion with a loved one just before bed.
- Having caffeine in the evening (coffee, many teas, chocolate, sodas, etc.)
- Reading or watching television in bed.
- Using alcohol to help you sleep.
- Going to bed too hungry or too full.
- Taking over-the-counter sleeping pills, without your doctor's knowledge.
- Taking daytime naps or keep them to no more than 20 minutes per day.
- Forcing yourself to go to sleep.
- Watching the clock or counting minutes while you in bed.
- Lying in bed awake for more than 20-30 minutes. Get up, go to a different room or different part of the bedroom, participate in a quiet activity, and then return to bed when you feel sleepy.
- Succumbing to maladaptive thoughts like "Oh no, look how late it is, I'll never get to sleep" or ". Challenge your concerns.
- Catastrophizing (e.g., I must have 8 hours of sleep each night, if I get less than 8 hours of sleep, I will get sick."
- Changing your daytime routine the next day if you didn't sleep well.



Sleep Diary

(Daytime Activities & Pre-Sleep Ritual: Fill In Each Night Before Going To Bed)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wake-up Time <small>(What and When?)</small>							
Exercise <small>What, when, Total time</small>							
Naps <small>What, When How long</small>							
Drinks <small>Alcohol, caffeine, when?</small>							
Feelings <small>Positive or negative</small>							
Foods <small>What, when</small>							
Medications/ Sleep aids <small>Types, when</small>							
Bedtime Routines <small>What, How long</small>							
Bed Time							
Time in Bed Not Sleeping <small>What did you do?</small>							
Sleep Breaks <small>What did you do?</small>							
Quality Of Sleep							
Comments							
Total Sleep Hours							