



# SLEEP HYGIENE

## HELPFUL TIPS TO HELP YOU SLEEP

What is sleep hygiene? "Sleep hygiene" is used to describe good sleep habits. Many of us don't pay attention to our sleeping habits but they are essential.

### YOUR PERSONAL HABITS



#### FIX A BEDTIME AND AN AWAKENING TIME

The body "gets used" to falling asleep at a certain time but only if this is relatively fixed.

#### AVOID NAPPING DURING THE DAY

Or make sure you limit the nap to 20-30 minutes.



#### AVOID CAFFEINE & ALCOHOL 4-6 HOURS BEFORE BED

#### EXERCISE, BUT NOT BEFORE BED

Strenuous exercise within two hours before bedtime can interfere with your ability to fall asleep.



### YOUR SLEEPING ENVIRONMENT



#### USE COMFORTABLE BEDDING

Find comfortable bedding and a good temperature to keep the room well ventilated.

#### BLOCK OUT ALL DISTRACTING NOISE

Also eliminate as much light as possible.



#### RESERVE THE BED FOR THE THREE S's: SLEEP, SEX, AND SICKNESS

Don't use the bed as an office. Let your body "know" that the bed is associated only with the Three S's.

### GETTING READY FOR BED



#### TRY A LIGHT SNACK BEFORE BED

Warm milk and foods high in the amino acid tryptophan, such as bananas, may help you sleep.

#### USE RELAXATION TECHNIQUES AND DON'T TAKE YOUR WORRIES TO BED



#### GET INTO YOUR FAVORITE SLEEPING POSITION

Don't toss and turn in bed. If you think it's been more than 30 minutes, get up and do a relaxing activity (try light reading).



### A WORD ABOUT ELECTRONICS

Using electronics before bedtime is often a bad idea. They are engaging objects that tend to keep people awake. Some people find that listening to music helps them fall asleep since it is a less engaging activity.



### OTHER FACTORS

#### THE GOAL IS TO REDISCOVER HOW TO SLEEP NATURALLY

Several physical factors are known to upset sleep. These include sleep apnea, pain, arthritis, acid reflux with heartburn, menstruation, headaches and hot flashes.

Many medications can cause sleeplessness as a side effect.

Psychological and mental health problems like depression, anxiety, and stress are often associated with sleeping difficulty.