

Sleep Hygiene Handout

For Better Sleep Quality:

- Avoid going to bed hungry
- Avoid alcohol as it interferes with sleep
- Avoid drinking caffeine such as tea, coffee, or soda after 4 pm.
- Avoid eating a big or spicy meal late in the evening
- Avoid all screens (TV, phone, tablet, etc.) at least 30 minutes before bed time

Physical exercise

- Exercise in the late afternoon can help to make your body tired and help you to sleep. Avoid exercising too late in the evening however.

Sleep only at night-time

- Avoid day-time naps, no matter how tired you feel. Naps keep the problem going by making it harder for you to get to sleep the next night.

Having a regular bedtime routine teaches your body when it's time to go to sleep.

- Have a soothing drink like chamomile tea
- Have a bath, or a routine of washing your face and brushing your teeth
- Go to bed at same time each night
- When in bed think of nice things (e.g. think of 5 nice things that happened that day)
- Do a relaxed breathing exercise or meditation
- Try and wake up the same time every day, even if this is tiring to start

Make your bedroom a pleasant place to be

- Keep it clean and tidy
- Introduce pleasant smells such as a drop of lavender oil onto the pillow
- Make sure that your home is safe e.g. doors locked, windows closed.

REMEMBER: Bed is for sleeping, so if you cannot sleep after 30 minutes, get up and do another activity elsewhere such as reading or listening to music (try and avoid TV as it can wake you up). After 15 minutes return to bed and try to sleep again. If you still can't sleep after 30 minutes, get up again.

*Repeat this routine as many times as necessary and only use your bed for sleeping
