



## Basics of Good Sleep Hygiene

You can enhance the likelihood of getting a good night's sleep by taking the following steps.

1. Limit the amount of time you spend in bed.
2. Get moderate exercise in the late afternoon or early evening.
3. Avoid exposure to bright lights at night.
4. Avoid heavy meals or drinking within 3 hours of bedtime.
5. Make sure your bedroom is quiet, dark, and comfortable.
6. Avoid caffeine, alcohol, and nicotine before bed. This includes chocolate, sodas, caffeinated teas and energy drinks.
7. Develop a relaxing bedtime routine. Stop all daytime activities about 1.5 hours before bedtime.
  - a. Turn off TVs, computers, smart phones—anything with a screen—before bedtime.
8. Have a light bedtime snack: milk, cheese, peanut butter, or yogurt.
9. Remove bedroom clocks: avoid “watching the clock” at night which leads to arousal and frustration if you are not sleeping.
10. Go to bed only when you are sleepy.
11. Use the bed or bedroom for sleeping or for sex.
12. Get out of bed when you are unable to sleep.
13. Get up the same time every morning.
14. Avoid daytime napping.