



Sleep Hygiene

10 Rules for Improved Sleep

- 1 Products containing caffeine (tea, coffee, chocolate, soft drinks, etc.) should be discontinued at least 4 hours before bedtime. Caffeine is a stimulant, and can keep you awake.
- 2 Avoid nicotine (including nicotine patches or chewing gum, etc) an hour before bedtime and when waking at night. Nicotine is also a stimulant.
- 3 Avoid alcohol around bedtime; although it can help you to get to sleep, it can disrupt sleep later in the night.
- 4 Avoid eating a large meal right before bedtime, although a light snack may be beneficial.
- 5 Try to do regular physical exercise if you are able, but avoid doing this in the 2 hours preceding bedtime.
- 6 Keep the bedroom calm and tidy. Select a mattress, sheets, and pillows that are comfortable.
- 7 Avoid extreme room temperature in the bedroom.
- 8 Keep the bedroom quiet and darkened.
- 9 Keep your bedroom mainly for sleeping; try to avoid watching television, listening to the radio, or eating in your bedroom
- 10 Try to keep regular bedtimes