

PERCHANCE TO



sleep



Sleep Hygiene Strategies to Have You Stop Counting Sheep and Get to Sleep!

- Use your bed--and bedroom--ONLY for sleeping and intimacy. Not for work, reading, paying bills, eating, arguments or heated discussions, tv or electronics use.
- Know the impact of substances (including caffeine and nicotine) and prescribed medications on your sleep. If in doubt, discuss with your doctor. It's best not to use over the counter sleep aids while working to behaviorally improve sleep unless recommended by your medical doctor. Alcohol impacts sleep cycle, and withdrawal from cannabis also impacts sleep, while caffeine and nicotine are stimulants.
- Limit or eliminate caffeine later in the day
- Track your sleep using a sleep diary or log--I like the one from the National Sleep Foundation [which you can find here.](#)
- Minimize and eliminate day time napping. This might be hard if you are tired but it is very important!
- Exercise daily, but early in the day
- Avoid heavy meals close to bedtime, and if you suffer from heartburn that wakes you up, work with your medical doctor to better control this
- Keep the bedroom slightly cooler
- Eliminate noise and light from the bedroom
- Keep a calm and consistent bedtime routine
- Let your phone sleep somewhere far away from you
- Avoid high levels of light (including from electronics) in the hour or two prior to bedtime
- If you cannot sleep after a reasonable period of time, or awaken and cannot fall back asleep quickly, leave the bedroom, do something mindless, and return to bed when you are tired. Try not to fall asleep elsewhere.
- Try to have exposure to sunlight early in the day, every day



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