

TIPS FOR GOOD SLEEP HYGIENE

Maintain a regular bed and wake time schedule including holidays and weekends.

Establish a regular, relaxing bedtime routine such as soaking in a hot bath, reading a book or listening to soothing music.

Create an environment that is conducive to sleep; the room should be dark, quiet, comfortable and cool.

Sleep on a comfortable mattress and pillows.

Use the bedroom only for sleep and sex. Work materials, such as computers, and televisions should be kept in a separate room.

Finish eating at least 2-3 hours before your regular bedtime.

Exercise regularly. It is best to complete your workout several hours before bedtime.

Avoid nicotine. Used close to bedtime it can lead to poor sleep.

Avoid caffeine, such as coffee, tea, soft drinks or chocolate, close to bedtime. It can keep you awake.

Avoid alcohol close to bedtime. It can lead to disrupted sleep later in the night.

