

Proper sleep hygiene has 4 components:

1. Behavior
 2. Environment
 3. Diet
 4. Exercise
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1) Behavior

- RULE 1:** **Have a regular schedule.**
Go to bed and wake-up at the same times, regardless of the day of the week.
- RULE 2:** **Have a relaxing pre-sleep routine.**
Engage in a routine prior to sleep in order to prep the mind/body for sleep.
- RULE 3:** **Ensure bedroom only used for sleep or intimacy.**
Only go to bed when drowsy. Do not eat, watch TV, or read in bed.
- RULE 4:** **Limit the time you spend awake in bed.**
*If you are awake in bed for 15-20 minutes, get up and leave bedroom.
Engage in quiet activity until drowsy.*
- RULE 5:** **Avoid naps.**
*Only nap if necessary to retain alertness (30 minutes maximum).
Avoid napping 6-8 hours prior to sleep.*

2) Environment

- RULE 6:** **Have a dark bedroom.**
Avoid bright lights, because bright lights can disrupt sleep.
- RULE 7:** **Set cool temperature (or comfortable temperature).**
Uncomfortably warm bedrooms disrupt sleep.
- RULE 8:** **Avoid/minimize loud noises.**
Use ear plugs or "white noise" machines to minimize loud noises.
- RULE 9:** **Have a bedroom free of potential allergens.**
Allergens can disrupt sleep because of sneezing, sniffing, and coughing.

3) Diet

RULE 10:

Avoid caffeine 6-8 hours before sleep.

*Chocolate, some teas, coffee contain caffeine.
Reasonable daily amount of caffeine is 1-2 cups of coffee.*

RULE 11:

Avoid alcohol 3-5 hours before sleep.

Alcohol may help sleep onset, but sleep will be fragmented and poor quality.

RULE 12:

Avoid nicotine prior to sleep.

Withdrawal symptoms can disrupt sleep.

RULE 13:

Eat a light carbohydrate snack prior to sleep.

*Hunger can disrupt sleep. Avoid large meals prior to sleep.
Avoid sugars and caffeine.*

4) Exercise

RULE 14:

Exercise regularly.

*Regular exercise promotes a regular sleep/wake schedule.
The body likes a routine.*

RULE 15:

Avoid strenuous exercise 3-5 hours before sleep.

*Exercise raises body temperature. During sleep body temperature lowers,
and increased body temperature confuses the mind/body of the regular
sleep/wake schedule.*