



## *Sleep Hygiene*

### **11 Suggestions for a Better Night's Sleep**

1. Sleep as much as you need for refreshment, but not more. Once you awaken, get out of bed. An excess amount of non-sleep time in bed may cause poor sleep in the future.
2. Maintain a regular schedule for going to sleep and awakening.
3. Regular daily exercise can improve sleep, however, this should not be done too close to bedtime.
4. Temperature in the bedroom should be comfortable. Excessively hot or cold rooms disturb sleep.
5. Occasional loud noises disturb sleep even for those who claim to have adapted to them. Sound screening the room with a fan or an air conditioner, or using ear plugs may help.
6. Hunger may prevent sleep. Eating a regular evening meal and a bedtime snack or a milk drink may improve sleep.
7. Caffeine disturbs sleep, even in people who think they are not affected by it. Caffeine is found in coffee, tea, chocolate, cola drinks and other carbonated beverages. Because caffeine takes eight hours to metabolize, no caffeine-ated products should be consumed after lunchtime.
8. Alcohol may help a person fall asleep, but it also results in fragmented sleep. In general, people who use alcohol to help them fall asleep usually sleep less than if they had abstained.
9. Daytime naps help some to sleep better at night, while others sleep much more poorly after one. Individuals should determine whether naps are beneficial for them.
10. During a poor night, rather than trying harder to fall asleep, get out of bed and have a snack, read, or write until you are tired, then return to bed.
11. Sleep is disturbed in smokers and those who withdraw from heavy nicotine use.

***Sleep Medicine Program***

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