

## SLEEP HYGIENE MEASURES

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1. Create comfortable sleeping conditions.
  2. Keep the room as quiet and dark as possible (except soothing noise)
  3. Use the bed for sleeping only. No TV, eating, working, entertainment in bed.
  4. Get up the same time every day, even weekends.
  5. Don't nap during the day. # 4 & 5 help stabilize the sleep-wake cycle.
  6. Limit total in-bed time to no more than prior to the sleep disturbance.
  7. Reduce and try to stop all brain-activating drugs (including caffeine, nicotine, alcohol, chocolate, and stimulants).
  8. Eat at regular times. Avoid large meals near bedtime.
  9. Light tells the brain to wake up. Avoid light stimulation after 8pm (TV, computer games). Substitute reading, radio.
  10. If late night backlit screens are absolutely unavoidable, keep them out of the bed and turn the brightness to the lowest setting.
  11. Avoid *trying* to fall asleep. If unable to sleep, get up and leave the room. Stay up until you are definitely sleepy and then return to bed. If sleep does not come easily, get out of bed again. The goal is to associate your bed with falling asleep quickly.
  12. No clock watching. Better yet, cover the clock face.
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If these rules are followed, sleep may still be poor for the first few nights. But gradually, you will fall asleep more easily. Your sleep pattern may then fluctuate for a few days or weeks, but if you can persist, your sleep will improve substantially and the bedroom surroundings will again become associated with sleep.

### **Do you have *CONDITIONED INSOMNIA*?**

- Excessive worry about falling asleep.
  - Significant effort to fall asleep.
  - Can sleep when not in bedroom, but then not when you try to go back to sleep.
- Then carefully follow #s 3,4,5,6,10. And if necessary, try *sleep restriction*.

FOR ADDITIONAL IDEAS ON SLEEP PROMOTION, SEE THE NEXT PAGE.

## How Much Sleep Do You Really Need?

Age	Sleep Needs
Newborns (0-2 months)	12-18 hours
Infants (3 to 11 months)	14 to 15 hours
Toddlers (1-3 years)	12 to 14 hours
Preschoolers (3-5 years)	11 to 13 hours
School-age children (5-10 years)	10 to 11 hours
Teens (10-17)	8.5-9.25 hours
Adults	7-9 hours

Source: National Sleep Foundation

## SLEEP PROMOTION

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1. Try soothing noise at bedtime: a/c, fan, white-noise machine, cell phone apps
  2. Practice evening relaxation routines (relaxation exercises/tapes, meditation, yoga is especially good).
  3. Try *warm* milk before bedtime (it provides L-tryptophan, a natural sleep promoter).
  4. Adopt an exercise routine. Exercise in the evening is fine and may even be helpful, though not if it's *just* before bedtime.
  5. Cool the room down (but not too cool).
  6. Try a warm shower or bath near bedtime. #s 5, 6 work because a decreasing body temperature is associated with sleep promotion.
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