

TIPS FOR GOOD SLEEP HYGIENE

Do's

- DO prepare your bedroom for sleep
 - reduce noise
 - reduce light
 - maximise comfort
 - have a moderate temperature
- DO lie down and try to sleep when you are actually sleepy
- DO exercise regularly and preferably earlier in the day (not within 3-4 hours of bedtime)
- DO try to establish a sleep rhythm; maintain a regular bedtime and getting up time, regardless of how long you have slept the night before or if you have had trouble sleeping
- DO try to determine what your optimal amount of sleep is; different people require different amounts of sleep. Judge the amount of sleep you need on your daytime functioning. You are probably receiving adequate sleep if you don't feel tired and sleepy in the daytime.
- DO try to be informed and realistic about sleep; brief awakenings about every 90 minutes are a normal part of the sleep pattern. Also, sleep generally becomes lighter as we get older and there may be more frequent awakenings.

Don'ts

- DON'T consume caffeine containing drinks 4-6 hours before bedtime, e.g. coffee, tea, cola
- DON'T smoke near bedtime or during night time awakenings
- DON'T eat late evening meals. If hungry before bedtime, a light snack may help sleep, e.g. warm milk, cheese and biscuits
- DON'T drink alcohol before bedtime – it may seem to help you get to sleep but usually causes awakenings later in the night
- DON'T have any daytime or evening naps
- DON'T watch T.V. or read in bed – reserve your bed for sleeping
- DON'T engage in heavy exercise a few hours before bed
- DON'T lie awake in bed for longer than 30 minutes – this can cause anxiety and frustration. Get up and do something relaxing until you feel sleepy again
- DON'T worry if you can't sleep – this will make sleep less likely