

Sleep Hygiene

What is sleep hygiene?

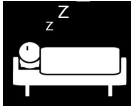
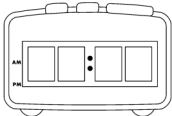

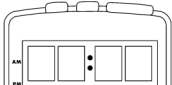

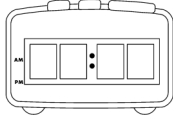
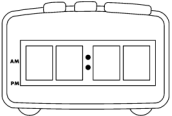
- It is a group of health habits and rules that help a person sleep well and feel more awake during the day

Who needs sleep hygiene?

- People with trouble getting the sleep they need
- People who work shifts
- People who simply cannot find the time for sleep
- and everyone else!



What are my Health Rules to have good sleep hygiene?

- ◇ I will only go to bed only when I am sleepy. I can try a relaxing bedtime routine (like soaking in a warm bath)
- ◇ I will make a good place to sleep that does not have distractions. It will be quiet, dark, and a good temperature for me to relax. 
- ◇ I will not eat or drink any foods, beverages, or medications with stimulants close to bedtime
- ◇ I will not have any alcohol or nicotine before going to sleep
- ◇ I will not have caffeine after 
- ◇ I will exercise regularly, but only around mid-day or early afternoon.
- ◇ I will try to use behavioral relaxation methods to help me relax physically and mentally. 
- ◇ I will not take naps after 
- ◇ I will not have a heavy meal close to bedtime
- ◇ I will only use my bed for sleep and intimacy
- ◇ I will not eat, read, or watch TV when I am in bed
- ◇ I will not have a lot of fluids before I go to sleep 
- ◇ I will have a regular sleep schedule
- ◇ My bedtime is 
- ◇ My wake-up time is 
- ◇ If I cannot fall asleep after I am in bed for 20-30 minutes, I will get up and do a quiet activity outside my bed. Then I will try to go to sleep in my bed when I feel tired and ready to sleep.