

SLEEP HYGIENE

1. Consistency

- Same times up and down (within an hour)
- Exercise
- Diet – healthy eating
- This will take awhile

2. Boundaries

- Bed is for sleep or intimacy
- No daytime naps
- No sleep ½ hour- get up
- ETOH- this is a real problem, certainly not before bed
- Tobacco - limit before bed
- Pets out of room?
- Kids out of room?
- Partners out of room?

3. Relaxation

- Darker the better
- Cool
- White noise
- Caffeine / chocolate milk / stimulants
- Warm shower hot is over stimulants
- Relaxation techniques – backwards counting, taking yourself for a mental walk, tensing and relaxing muscles
- No exercise 3 hours before bed
- No eating 2 hours prior
- No electronics 1 hour before bed
- Reading nothing exciting
- Blankets and sheets - better to have something covering

Music – words, music, fast, loud

TV- story, movement, sound, light

Audio books- story, sound

OTC meds- melatonin, sleepy time tea

Use sleep diary