

**Strategies for Success in Health Management**  
*Going for the 3 Increases:*  
*Increase in Health, Increase in Happiness & Increase in Energy*

**Sleep Hygiene Guidelines**

**7 Quick Tips For Getting a Good Night's Sleep**

1. **Set a schedule**-Establish a regular sleep schedule every day of the week. Don't sleep in more than an hour, even on your days off.
2. **Don't force yourself to sleep**-If you haven't fallen asleep after 20 minutes in bed, get up and do something calming. Read a boring book, draw or write in a journal. Avoid bright lights, bright screens, or anything else that might activate your body and wake you up more
3. **Avoid caffeine, alcohol and nicotine**-Consuming caffeine, alcohol, and nicotine can affect your ability to fall asleep and the quality of your sleep, even if they're used many hours earlier in the day.
4. **Avoid napping**-Don't nap during the day to ensure you are tired by the time night rolls around. Naps that are over an hour long or those that are later in the day are especially harmful to sleep hygiene.
5. **Only use your bed for sleeping**-Using your bed for reading, watching TV, or other activities will lead your body to associate your bed with these activities. If you reserve your time in bed for sleeping, your body will begin to associate your bed with sleep.
6. **Exercise and eat well**-Eating healthy and exercising can lead to better sleep. However, you should avoid strenuous exercise and big meals in the 2 hours before going to bed.
7. **Sleep in a comfortable environment**-It's important to sleep in an area that's adequately quiet, comfortable, and dark. Try using an eye mask, ear plugs, and fans if this step causes problems.

**Sleep only as much as needed to feel refreshed the following day**

Restricting time in bed helps consolidate and deepen sleep. Spending excessive time in bed can lead to fragmented and shallow sleep.

**Have a routine wake up time, seven days a week**

A regular wake up time in the morning will help set your "biological clock" and leads to regular sleep onset.

**Your bedroom should be comfortable and free from light and noise**

A comfortable bed and bedroom environment will reduce the likelihood that you will wake up during the night. Excessively warm or cold rooms can disrupt sleep as well. A quiet environment is more sleep promoting than a noisy one. Noises can be masked with background white noise (such as the noise of a fan) or with earplugs. Bedrooms may be darkened with black-out shades or sleep masks can be worn. Position clocks out-of-sight since clock-watching can increase anxiety about lack of sleep.

**Caffeine: Avoid Caffeine 4 - 6 Hours before Bedtime**

Caffeine disturbs sleep, even in people who do not subjectively experience such an effect. Individuals with insomnia are often more sensitive to mild stimulants than are normal sleepers. Caffeine is found in items such as coffee, tea, soda, chocolate, and many over-the-counter medications (e.g., Excedrin).

**Nicotine: Avoid Nicotine before Bedtime**

Although some smokers claim that smoking helps them relax, nicotine is a stimulant. Thus, smoking, dipping, or chewing tobacco should be avoided near bedtime and during the night.

**Alcohol: Avoid Alcohol after Dinner**

A small amount of alcohol often promotes the onset of sleep, but as alcohol is metabolized sleep becomes disturbed and fragmented. Thus, alcohol is a poor sleep aid.

**Sleeping Pills: Sleep Medications are Effective Only Temporarily**

Scientists have shown that sleep medications lose their effectiveness in about 2 – 4 weeks when taken regularly. Despite advertisements to the contrary, over-the-counter sleeping aids have little impact on sleep beyond the placebo effect. Over time, sleeping pills actually can make sleep problems worse. When sleeping pills have been used for a long period, withdrawal from the medication can lead to an insomnia rebound. Thus, many individuals incorrectly conclude that they “need” sleeping pills in order to sleep normally.

**Exercise/Hot Bath: Avoid Vigorous Exercise Within 2 Hours of Bedtime**

Regular exercise in the late afternoon or early evening seems to aid sleep, although the positive effect often takes several weeks to become noticeable. Exercising sporadically is not likely to improve sleep and exercise within 2 hours of bedtime may elevate nervous system activity and interfere with sleep onset. Spending 20 minutes in a tub of hot water an hour or two prior to bedtime may also promote sleep.

**Napping: Avoid Daytime Napping**

Many individuals with insomnia “pay” for daytime naps with more sleeplessness at night. Thus, it is best to avoid daytime napping. If you do nap, be sure to schedule naps before 3:00pm.

**Eating: A Light Snack at Bedtime May be Sleep Promoting**

A light bedtime snack, such a glass of warm milk, cheese, or a bowl of cereal can promote sleep. You should avoid the following foods at bedtime: any caffeinated foods (e.g., chocolate), peanuts, beans, most raw fruits and vegetables (since they may cause gas), and high-fat foods such as potato or corn chips. Avoid snacks in the middle of the night since awakening may become associated with hunger.

**Avoid Excessive liquids in the evening**

Reducing liquid intake will decrease the need for nighttime trips to the bathroom.

### **Do not try to fall asleep**

If you are unable to fall asleep within a reasonable time (15-20 minutes) or when you notice that you are beginning to worry about falling asleep, get out of bed. Leave the bedroom and engage in a quiet activity such as reading. Return to bed only when you are sleepy.

### **Don't have worry time in bed**

Plan time earlier in the evening to review the day, plan the next day or deal with any problems. Worrying in bed can interfere with sleep onset and cause you to have a shallow sleep.

### **Avoid use of Electronics in the Bedroom**

Late-night television does not help falling asleep. Television engages the mind and can increase alertness, keeping you awake. Playing video games before bed or surfing the Internet may have the same effect. The National Sleep Foundation recommends removing televisions and computers from your bedroom altogether.

### **Use a Sleep Diary to identify and address sleep problems**

Chart your sleep habits for 1-2 weeks and include the following information:

1. When you go to bed, fall asleep, and wake
2. How long and well you slept
3. Time awake during the night
4. Caffeine or alcohol consumed and when
5. What/when you ate and drank
6. Emotion or stress prior to going to bed
7. Drugs or medications taken and when taken

### **Consider the Use of Apps to Help You Sleep**

1. **Deep Calm**; Deep Calm is a customizable sleep and relaxation aid app with nature sound effects and relax melodies. <https://itunes.apple.com/us/app/deep-calm-nature-sounds-sleep/id700689999?mt=8>
2. **Dormio**: Sleep, Nap, Slumber and Drift into Deep REM Dreaming with Sleepy, Mellow Natural Sounds. Read more about it at: <https://itunes.apple.com/us/app/dormio-sleep-nap-slumber-drift/id641430468?mt=8>
3. **To bed**: Based on information about your age and wakeup times, the app reminds you when you should start preparing for hitting the sack. Read more about it at: <https://itunes.apple.com/us/app/to-bed/id681433010?mt=8>
4. **White Noise HB Lite**: Provides ambient sounds of the environment to help falling asleep or relaxing. Read more about it at: <http://itunes.apple.com/us/app/white-noise-lite/id292987597?mt=8>