

Sleep Hygiene

- Physically exercise during the day but not right before bed.
- Give yourself permission to sleep.
- Listen to relaxing music (some people are activated by music, white noise may be a better alternative for them).
- Practice relaxation techniques just before bed.
- Avoid watching the television or playing video games before bed. Do not watch television in your bedroom.
- Eliminate caffeine after noon.
- Talk to people who calm you.
- Don't argue prior to going to bed.
- Eat something light.
- Do a boring task.
- Read a boring book.
- Get up at a set time, no matter when you go to sleep. No exceptions.
- Don't nap during the day.
- Sleep in the same place every night.
- Go to bed at a set time (some individuals must wait until they are sleep, this can work as long as they aren't artificially stimulated by substances or activities).
- Sleep in a cool room. Use a fan if the noise or air movement is helpful.
- Take a hot bath prior to bed.
- Sleep in the dark – light prevents the formation of melatonin.
- If worrying is a problem, schedule a worry time during the day and use that time.
- Use a white noise machine.
- Knit, do hand sewing, or crochet prior to bed.
- Make a list of at least ten things that you hate doing.
 - If you are not asleep within 30 minutes of going to bed, get up and do the first thing on the list. If you wake up and can't fall back asleep within 15 minutes, get up and do one thing on the list.