

Good Sleep Hygiene

What is sleep hygiene?

“Sleep hygiene” is the term used to describe good sleep habits. Considerable research has gone into developing a set of guidelines and tips which are designed to enhance good sleeping, and there is much evidence to suggest that these strategies can provide long-term solutions to sleep difficulties.



Your Bedroom Environment should be as “cave-like” as possible:

- Cool (<75 degrees), dark, and quiet.
- Eliminate sources of light from windows, doors, and electronic equipment.
- Turn your smartphone, and other electronics away from you or place it under the bed. If you can't eliminate sources of light, consider a sleeping mask.
- If you are unable to eliminate sources of noise, consider turning on a fan in the room, get a white noise generator, or ear-plugs. Heavy curtains can muffle outside noises.
- Remove pets from the room.
- To cancel noise, don't use television, radio, or any source of sound that varies in frequency or volume.



Limit Total Caffeine Consumption and have none after 2:00 PM.

- Caffeine can have a long half-life in sensitive individuals.
- Remember it's found not only in coffee, but tea, soda, chocolate, and OTC meds.
- Try a cup of herbal tea as a substitute.



Limit All Liquids during the last two hours before bedtime.

Try to Maintain Consistent Meal Times and avoid heavy meals late in the evening.



Avoid Alcohol within three hours of bedtime

- Alcohol is a central nervous system depressant, and once it is metabolized, you will experience central nervous system “rebound” where the CNS actually becomes more aroused resulting in a lighter sleep with frequent awakenings.
- If you do have a couple of drinks early in the evening, the alcohol content will be mostly metabolized within three hours.



If You Smoke, avoid smoking heavily near bedtime

- Don't smoke during awakenings at night. You may inadvertently condition yourself to wake up frequently during the night.



Exercise may promote sleep regardless of when it occurs during the day

- Avoid strenuous exercise within three hours of bedtime, as it will raise body temperature and delay sleep.



Schedule Some “Worry Time” in the late afternoon or early evening

- Use this time to plan activities for the next day or to think about things that may cause you to feel upset, angry, or anxious.
- It's easy to get into the habit of thinking about worrisome things when you are in bed.

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