CAN'T SLEEP AT NIGHT?

Sleep Hygiene DO's:

- Exercise (but not 2-3 hrs before bed)
- Have a cool room temperature
- Take warm baths (20-25 mins, 2 hrs before bed)
- Cue sleep with a multi-step relaxing bedtime routine
- Have consistent sleep/wake times
- Have complex carbs, calcium, and protein as bedtime snacks
- Nap only in the afternoon (less than 1 hr)
- Limit activities in the bedroom, especially in bed
- Optimize bedroom, mattress, and pillow

Sleep Hygiene DON'Ts (Avoid):

- Noise
- Bright light at night
- Late dinners
- Nicotine
- Caffeine
- Alcohol

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