

Healthy Sleeping Tips

IMPROVE SLEEP HYGEINE

- Go to bed and get up at the same time every day. Try to avoid naps during the day, especially if it is sometimes hard to get restful sleep at night.
- Get 30 minutes of sunlight within a few minutes of waking each morning.
- Exercise regularly, but avoid strenuous physical activity within a few hours of bedtime.
- Avoid caffeine after 3:00 pm. If you consume alcohol or nicotine, avoid these before bed.
- Keep your room tidy and free of clutter, noise-free, dark, and at a cool comfortable temperature.
- Wind down with a quiet, relaxing activity 30 to 60 minutes before bed. Turn off the day. Feel good about what you accomplished today.
- Avoid “screen time” (e.g. television, phones, computers) 30 to 60 minutes before bed, or use blue-light blocking glasses.

REDUCE TIME AWAKE IN BED

- Use the bed only for sleep or intimacy. Limit time awake in bed to about 20 minutes.
- If you cannot sleep after about 20 minutes, get out of bed and do something quiet and mildly interesting, such as reading a magazine. Return to bed when sleepy.

PRACTICE RELAXATION

- Quiet your mind at bedtime and while falling asleep. Avoid worrying, planning, or thinking about the past while in bed. Turn off “busy brain”.
- Belly breathing: Breathe slowly using your diaphragm for 10 minutes. Try to pace your breath every 10 seconds (5 seconds inhaling, and 5 seconds exhaling).
- Explore relaxation techniques that might work well for you, like progressive muscle relaxation, a body scan, mindfulness meditation, visualization, counting, music, or others.

MANAGE STRESS

- Practice managing stress more effectively in the daytime. For example, get regular exercise, meditate, or seek help for emotional, relationship, or other problems.