



## **METHODS OF IMPROVING SLEEP HABITS**

1. Try to establish a regular raising time in the morning. A regular sleeping pattern strengthens the sleep/wake cycle and promotes a regular sleep-onset time.
2. Avoid coffee, cola, tea and chocolate after the evening meal.
3. Avoid heavy evening meals. A light snack or a warm drink before bedtime may promote sleep.
4. Wind down for a period before sleep time. Quiet activities, such as reading, relaxing in a hot bath or meditating help promote sleep.
5. Avoid using the bedroom for watching television, doing paperwork, eating or other activities. Bedrooms should be used only for sleeping or sexual activity.
6. If sleep does not occur after 30 minutes in bed, get up and engage in a quiet activity until sleepy again. A brief, slow walk may be helpful.
7. Avoid taking naps during the day, especially in the evening.
8. Check the bedroom temperature. Temperatures that are too hot or too cold interfere with sleep. Reducing the noise level is also helpful in creating an environment conducive to sleep.
9. Engage in gentle exercise to produce fatigue before sleep. Heavy exercise should be avoided just before retiring, because it delays sleep.
10. Restrict fluids in the evening and before retiring, to help reduce the frequency of awakening to go to the bathroom.