**Sleep Hygiene**

* Wake up at the same time, regardless of the sleep the night before.
* Go to bed when you are ready to sleep.
* Get out of bed if you are not asleep in 15 minutes.
* Go to your living room: do not watch TV or use the computer.
* Using a backlight, reading is the perfect activity if you cannot sleep.
* When you begin to doze, go to the bedroom to sleep
* Do not sleep on the couch or anywhere else.
* Do not take daytime naps.
* If a daytime nap is necessary, do it before 1:00 pm.
* Do not eat a heavy meal, drink alcohol or take stimulant (caffeine) after 4pm.
* Do not exercise within 2 hours of bedtime.
* An hour of stretching & exercise in the morning helps to promote wakefulness.
* A bath, a glass of warm milk & a good book help to promote sleep.
* Do not watch television, exercise or do any other activity other than sleep or have sex in bed.

**Elements of Good Sleep Hygiene**

* Maintain a sleep schedule; go to bed and wake up at the same time each day
* Exercise for 30 minutes on most days of the week, but no later than 2-3 hours before bedtime
* Increase exposure to bright light during the day
* Develop a relaxing routine before you go to bed, such as a hot bath
* Establish a good sleeping environment, such as a quiet, cool, dark room
* Use the bedroom only for sleep and sex
* Limit naps to no more than 1 hour if naps are necessary
* Avoid stimulants before bedtime (eg, caffeine, nicotine); some recommendations say 4-6 hours before bedtime
* Avoid alcohol before bedtime
* Avoid other medications that may disrupt sleep (eg, diuretics)
* Avoid heavy meals and liquids 2-3 hours before bedtime
* Avoid late afternoon naps (post 3:00 pm)
* Avoid lying in bed awake