

81 Family Clinic

SLEEP HYGIENE

If you are having trouble sleeping, this is a list of things you should try to improve your sleep hygiene and the quality of your sleep.

-  1. Stick to a sleep schedule always even on weekends.
-  2. Exercise is great, but not too late in the day.
-  3. Avoid caffeine and nicotine.
-  4. Avoid alcoholic drinks before bed.
-  5. Avoid large meals and beverages late at night before going to bed.
-  6. Don't take naps after 3 p.m. Keep power naps less than 1 Hour.
-  7. Relax before bed.
-  8. Take a hot bath before bed.
-  9. Have a good sleeping environment. Get rid of anything in your bedroom that might distract you from sleep.
-  10. Have the right sunlight exposure.
-  11. Don't lie in bed awake. If you find yourself still awake after staying in bed for more than 20min, get up and do a relaxing activity until you feel sleepy.
-  12. Adopt Good Sleeping Postures.
-  13. See a doctor if you continue to have trouble sleeping.