

The hygiene of sleep

It is important to try to fix those things that are obviously interfering with your sleep. This is what sleep hygiene is about. Think of it as a checklist that helps you reflect on what you can do *during the day, before going to bed, and when in bed* to help you sleep soundly. Improving your sleep hygiene can pave the way for a good night's sleep, but for people with long standing insomnia, just focusing on sleep hygiene is often *not* enough.

Use the following checklists for **Daytime**, **Before Bed**, and **In Bed** sleep hygiene to help you get ready for sleep.

Daytime

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|------------------------|--|
| Exercise wisely | <input type="checkbox"/> Daytime exercise (with elevated heart rate and perspiration, ideally) |
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|-------------------|--|
| Eat wisely | <input type="checkbox"/> Avoid going to bed full or hungry |
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| Nap wisely | <input type="checkbox"/> Avoid napping, or short naps only before 3 pm |
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| Stimulants | <input type="checkbox"/> Only early, daytime use of caffeine, nicotine, other stimulants |
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| Medications | <input type="checkbox"/> Take during day if they disrupt sleep* |
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Notes

Before Bed

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|-------------------------|--|
| Sleep disruptors | <input type="checkbox"/> Avoid caffeine |
| | <input type="checkbox"/> Avoid nicotine |
| | <input type="checkbox"/> Limit or avoid alcohol |
| | <input type="checkbox"/> Avoid bright lights |
| | <input type="checkbox"/> Avoid some medications* |
| | <input type="checkbox"/> Avoid screen time (texting, TV, etc.) |
| | <input type="checkbox"/> Avoid hunger, avoid fullness |
| | <input type="checkbox"/> Avoid loud noises |
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- | | |
|---------------------|--|
| Mobile phone | <input type="checkbox"/> Night mode (do not disturb) |
| | <input type="checkbox"/> Away from bed |
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Relaxation**RELAXING ROUTINE, NIGHTLY**

- ☐ Stretching or yoga
- ☐ Mindful breathing
- ☐ Guided meditation
- ☐ Soothing sounds or silence
- ☐ Avoiding vigorous exercise
- ☐ Finish your “planning time”/“worry time”
- ☐ Progressive muscle relaxation

Notes**In Bed****The room**

- ☐ Quiet, dark (ear plugs & mask if needed)

The bed

- ☐ Warm (not hot), comfortable

You**CALM. TIPS TO HELP YOU QUICKLY EASE INTO SLEEP**

- ☐ Imagery
- ☐ Mindful breathing
- ☐ Push away worries / planning until tomorrow
- ☐ Asleep (leave after 15-20 min. if not asleep; return when sleepy)

Rise time

- ☐ Out of bed and active

Notes

**Ask your pharmacist or prescriber for guidance.*