

## **SLEEP HYGIENE SUGGESTIONS TO IMPROVE YOUR SLEEP**

Sleep as much as you feel necessary for refreshment but not more. Once you wake, get out of bed. An excess of time in bed rather than sleep time may cause poor sleep in the future.

Maintain a regular schedule of going to sleep and awakening.

Regular daily exercise will improve sleep, however, this should not be done too close to bedtime.

The temperature in the bedroom should be comfortable. Hot rooms disturb sleep as do excessively cold rooms.

Occasional loud noises disturb sleep even in those who claim to have adapted to them. Sound screening the room with a fan or an air conditioner may help. Earplugs may also be used.

Hunger may prevent sleep. Eating a regular evening meal and a bedtime snack or drinking milk may improve sleep.

Caffeine in the evening disturbs sleep even in people who think it does not. Caffeine is found in coffee, tea, chocolate, cola drinks and many other carbonated beverages. Caffeine takes eight hours to metabolize and therefore, no stimulant drinks should be consumed after lunchtime.

Alcohol may help a person fall asleep easily in the evening but it also results in fragmented sleep during the night. People who drink alcohol to help them go to sleep typically sleep less during the night than they would have if they had abstained from alcohol.

Daytime naps help some to sleep better at night while others sleep more poorly after naps. Individuals should determine whether naps are beneficial for themselves.

During a poor night's sleep, rather than trying harder to fall asleep, get out of bed and read, or watch TV until tired and then return to bed.

Sleep disturbances can occur in smokers and those who have recently withdrawn from heavy nicotine use.