

# ***Best practices: Sleep hygiene***

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- 1. Don't go to bed until you are sleepy. If you aren't sleepy, get out of bed and do something else until you become sleepy.**
- 2. Regular bedtime routines/rituals help you relax and prepare your body for bed (reading, warm bath, etc.).**
- 3. Try to get up at the same time every morning (including weekends and holidays).**
- 4. Try to get a full night's sleep every night, and avoid naps during day if possible (if you must nap, limit to 1 hour and avoid nap after 3pm).**



- 5. Use the bed for sleep and intimacy only; not for any other activities such as TV, computer or phone use, etc.**
- 6. Avoid caffeine if possible (if must use caffeine, avoid after lunch).**
- 7. Avoid alcohol if possible (if must use alcohol, avoid right before bed).**
- 8. Do not smoke cigarettes or use nicotine, ever.**
- 9. Consider avoiding high-intensity exercise right before bed (extremely intense exercise may raise cortisol which impairs sleep).**
- 10. Make sure bedroom is quiet, as dark as possible, and a little on the cool side rather than warm (60-70 degrees).**