

# Healthy Sleep Habits

- Relaxation techniques- after you have learned them- the effort of learning goes against relaxation
- The bed and bedroom is for sleep to establish the connection that bed=sleep. Go to bed when really sleepy, get up and go to another room if you can't fall asleep after 10 min.
- Go to bed and wake up at the regular time (even on weekends, vacations- if after 3 weeks if it hasn't improved you can stop)
- Increase exposure to bright light or sunshine as soon as you wake up
- When weather permits be out of doors late in the afternoon or early evening
- Exercise so your body is as tired as your mind (it is suggested to not exercise 3 hours before bedtime so that overstimulation isn't a problem)
- Have a relaxing routine before bed
- Turn the alarm clock the other way
- Avoid naps- especially after 3pm. If you do sleep don't do it for more than 30 min
- Keep your bedroom cool (65-67 degrees) and your feet warm
- Take a warm bath 30 minutes before bedtime
- Don't go to bed unless you are actually sleepy
- Handle your worries before bed then leave them be
- Have a light bedtime snack- not greasy, spicy or hard to digest
- Decrease liquids in the evening
- Keep your bedroom dark and quiet- lights on a smoke detector, clocks, radio/Cd players, security lights, night lights, purifiers ect. stimulate the reticular activating system. Noise causes problems as well.
- Avoid work within 2 hours of bedtime
- Invest in new pillows (every 2 years)
- Let music put you to sleep- get a CD
- Don't "try" to sleep- don't think you can sleep if you just try hard enough
- No caffeine after midafternoon and no alcohol after dinner
- Don't smoke
- **Say no to your cell phone**
- **Get rid of your TV from your bedroom** it activates the reticular activating system
- Do separate beds if one keeps the other up- it doesn't mean anything about the relationship-besides things go better when people are rested
- **Don't sleep with pets**
- Address your emotional and spiritual issues