CookChildren's

sleep hygiene guidelines

1. Keep a regular sleep schedule of going to sleep and waking up around the same time each day.
2. Limit daytime naps to only 30 minutes. Longer naps interfere with night sleep patterns. Set an alarm to wake up.
3. Check and make changes in your sleep environment so that the room is quiet, dark, and has a comfortable temperature.
4. Make sure you are *warm*, not too hot or not too cold, especially your feet.
5. Do not *try* to sleep. You probably will just stay awake. Go to bed when you begin to feel sleepy.
6. If you cannot sleep, leave your bedroom. This keeps the bedroom from becoming a place that you associate with insomnia.
7. No television, radio, smoking or caffeine when unable to fall asleep. These are all stimulants and can prevent sleep.
8. Write down and record thoughts that may keep you from sleeping.
9. No caffeine after 2 pm.
10. Use relaxation techniques, slow breathing, prayer, meditation to wind down before going to bed.
11. Sleep in for 1 to 2 hours on Saturday morning. Wake up Sunday at the regularly scheduled time. This prevents Sunday night insomnia.
12. Do not check the time when you wake up at night. Place "post it notes™" over bedroom clocks.
13. No exercise or any type of mental stimulation before bedtime.
14. No alcohol or "night cap before bedtime. Alcohol can cause fragmented and troubled sleep.
15. Your bedroom should not be an activity center for finishing work assignments, family arguments, paying bills, or any other activities incompatible with sleep. Use your bedroom for relaxation and restful sleep only.

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These instructions are only general guidelines. Your doctors may give you specific instructions. If you have any questions or concerns, please call your doctor.

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