

## TIPS FOR SLEEP MANAGEMENT

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1. Create a fixed bed/awake time. Do not linger in bed.
2. Avoid napping during the day. If needed, nap before 3pm and limit to 30-45 minutes.
3. Avoid alcohol 4-6 hours before bedtime.
4. Avoid caffeine or nicotine 4-6 hours before bedtime. (Coffee, tea, chocolate, and many sodas, contain caffeine.)
5. Avoid heavy, spicy, or sugary foods 4-6 hours before bedtime. Instead, try a light snack before bed with foods containing tryptophan.
6. Avoid excessive fluid intake that might cause the need to urinate during the night.
7. Some over-the-counter and prescription drugs might affect sleep – check with your primary care physician.
8. Exercise regularly, but not right before bed.
9. Have a pre-sleep ritual that gives your body cues for relaxing and sleeping. Do not transition immediately from work to bed.
10. Darken your bedroom and maintain some darkness even as it becomes light outside. Turn the clock away from the bed, particularly if it emits light. Your alarm will wake you.
11. Unplug or silence the telephone in your bedroom.
12. A soft, low-level white noise, such as a fan, is soothing to some and annoying to others.
13. A drop in body temperature induces sleepiness. Taking a hot bath 2 hours before bedtime or making sure your bedroom temperature is cooler can achieve this.
14. Make certain the temperature is cool and at an adequate level for sleeping restfully.
15. Make sure your mattress is comfortable and the right degree of firmness for you.
16. The bed is for sleep and sex only. Do not associate your bed with other life activities which keep you alert, learn to associate bed with relaxation and rest. Relaxation techniques such as breathing exercises and guided imagery can be very helpful.
17. Pets on the bed can be problematic by cramping movement and/or creating arousal.
18. Partners with restless legs or sleep apnea (often identified by excessive, loud snoring) can impact sleep. Check with your doctor for possible interventions.
19. Journal about intrusive thoughts or to monitor your sleep patterns.

\*Note: For more information on any of these tips or to learn more sleep management, relaxation exercises, and/or journaling, please contact ASAP.