



HOW TO SLEEP WELL (Good Sleep Hygiene)

Sleep only when sleepy. This limits the time you are awake in bed.

If you can't fall asleep within 20 minutes, get up and do something boring until you feel sleepy. If you are not sleepy at bedtime, then do something else. Read a book, listen to soft music or browse through a magazine. Find something relaxing, but not stimulating, to take your mind off of worries about sleep. This will relax your body and distract your mind. Don't expose yourself to bright light while you are up. The light gives cues to your brain that it is time to wake up.

Don't take naps. This will ensure you are tired at bedtime. If you just can't make it through the day without a nap, sleep less than one hour, before 3 pm. Get a full night's sleep on a regular basis. Get enough sleep so that you feel well-rested nearly every day. This should be around 8 hours for adults and 9 hours for adolescents.

Get up and go to bed the same time every day. Even on weekends! When your sleep cycle has a regular rhythm, you will feel better.

Exercise regularly during the day and refrain from exercise at least 3-6 hours before bedtime. Regular exercise is recommended to help you sleep well, but the timing of the workout is important. Exercising in the morning or early afternoon will not interfere with sleep.

Develop sleep rituals and routines. It is important to give your body cues that it is time to slow down and sleep. Listen to relaxing music, use lavender oils, read something soothing for 15 minutes, have a cup of caffeine free tea, do relaxation breathing exercises.

Only use your bed for sleeping. Refrain from using your bed to watch TV, pay bills, do work or reading...So when you go to bed your body knows it is time to sleep. Sex is the only exception.

Stay away from caffeine, nicotine and alcohol at least 4-6 hours before bed. Caffeine and nicotine are stimulants that interfere with your ability to fall asleep. Coffee, tea, cola, cocoa, chocolate and some prescription and non-prescription drugs contain caffeine. Tobacco products contain nicotine. Alcohol may seem to help you sleep in the beginning as it slows brain activity, but you will end up having worse sleep.

Have a light snack before bed. If your stomach is too empty, that can interfere with sleep. However, if you eat a heavy meal before bedtime, that can interfere as well. Dairy products, bananas, nuts, turkey contain tryptophan, which acts as a natural sleep inducer. Tryptophan is probably why a warm glass of milk is sometimes recommended.

Take a hot bath 90 minutes before bedtime. A hot bath will raise your body temperature, but it is the *drop* in body temperature that may leave you feeling sleepy.

Make sure your bed is comfortable and bedroom is quiet. A hot room can be uncomfortable. A cooler room along with enough blankets to stay warm is recommended. If light in the early morning bothers you, get a blackout shade or wear a slumber mask. If noise bothers you, wear earplugs or get a "white noise" machine.

Use sunlight to set your biological clock. As soon as you get up in the morning, go outside and turn your face to the sun for 15 minutes. Bright light during the day helps your body produce melatonin (sleep hormone).



Other Tips from Professionals:

- Rub your feet with lotion and/or wear socks to bed
- Turn your clock away from bed
- Take electronic equipment out of the bedroom or move it away from your bed.

Behavioral Techniques

Sleep restriction: Decrease the amount of time you are in bed down to no less than 6 hours. Example (10pm to 4am) When you can't sleep for 20 minutes you get out of bed and do your relaxation exercises. When your amount of sleep increases to 5 to 5 ½ hours of the 6 hours of the time you are in bed (or 85-90%), you increase the amount of time you are in bed by 15-20 minutes (in general do not increase the amount of time in bed by more than 30 minutes a week).

Breathing: Breathe deeply in through your nose for five seconds. Exhale through your mouth for five seconds. Repeat until feeling relaxed.

Natural Sleep Aids

Mild: Chamomile, Passion Flower, Hops, Chinese Skullcap, Lemon Balm:
Can usually be found in 'sleepy time' or 'bedtime' tea

Stronger: Valerian, Kava Kava (ask your doctor before starting)

Natural Hormone:

Melatonin 0.3mg-6mg about 1hr before bed. Use the lowest effective dose.