

# Sleep Hygiene

- 1. Sleep only as much as you need to feel refreshed in the morning**  
Consolidate your sleep by increasing times when you are awake and decreasing time when you're in bed.
- 2. Create a routine – get up at the same time 7 days a week.**  
This will train your body when to wake and when to fall asleep. In time, your body will know when it is cued to wake up.
- 3. Exercise on a regular basis.**  
Exercise can promote and increase the likelihood of deep sleep.
- 4. Have a hot bath or shower before bed**  
Having a hot bath before bed between 1.5 to 2.5 hours can create a sleepy effect. Incorporating it within a routine can also condition sleepiness before bed for the night.
- 5. Make sure that your bedroom is accommodating to your needs.**  
Be aware of the amount of light and sound you get at night. Is it distracting you? Try your best to create a sleeping environment that is cool, dark, and free from disruption. A low temperature overnight (<18°C) promotes better quality sleep.
- 6. Don't go to bed hungry and ensure you have regular meals.**  
Avoid anything that is heavy or greasy close to bedtime to prevent indigestion.
- 7. Reduce the amount of fluid you consume before bed.**  
Try to have only 1 cup of liquid within 4 hours of bedtime.
- 8. Reduce caffeine and alcohol consumption.**  
Caffeine is a stimulant and may prolong the hours you are awake. The sedative effect of alcohol may cause you to fall asleep earlier than required but will also affect your sleep quality.
- 9. Smoking can influence quality of sleep.**  
If you have increased, decreased, or started smoking cigarettes, this will have an impact on sleep and increase arousal.
- 10. Make a list of thoughts before going to bed.**  
This can help with having an active mind when in bed. Make a list of tasks for the next day, and if your mind remains active into the night, get up and add more to the list.
- 11. Don't force yourself to fall asleep.**  
When we think about trying to fall asleep, we can't sleep! Like waiting for a wave while surfing, we can't make the waves, but we can prepare ourselves for when the time comes and finally surf (or fall asleep).
- 12. Place your clock in a place where you can't see it.**  
Clock watching can potentially lead to more worry – by setting an alarm, we are aware that we will be woken up on time without worrying about what time it is during the night or early morning.
- 13. If you nap, factor this into your sleep time.**  
If you nap one hour during the day, it's advised you fall asleep one hour later to prevent waiting up during the night or at a significantly earlier time.