

Insomnia: Sleep Hygiene

- Avoid caffeine, especially in the late afternoon or evening.
- Avoid alcohol before bed time.
- Exercise regularly; however, avoid exercising within 3 or 4 hours of bedtime.
- Try eating a light snack before bedtime, such as milk and crackers.
- Keep the temperature of your bedroom cool and keep the bedroom dark and quiet.
- Go to bed at the same time of day, every day.
- Don't use the bed for anything but sleeping. For example, you should not eat, read or watch TV in bed. Sexual activity is okay.
- If you are not asleep within 20 to 25 minutes, leave the bedroom. Do something relaxing and return to bed when you are sleepy.
- Get up at the same time every day.
- Sleep medication may be of some benefit, but the chronic use of sleeping pills is ineffective for insomnia.
- Chronic use of tobacco disturbs sleep. Promoting good sleep habits is another reason to stop smoking!