



SLEEP HYGIENE

Tips for a Good Nights Sleep

DO'S	DON'T'S
<p><i>Do</i> Establish and maintain a regular bedtime and regular arising time. Try to maintain a regular arising time even if you have had trouble sleeping the night before</p>	<p><i>Don't</i> Take naps during the day or evening</p>
<p><i>Do</i> Exercise regularly. Exercise in moderate amounts early in the day</p>	<p>Don't Exercise vigorously in the evening</p>
<p>Do Prepare your sleeping environment. Prepare your bedroom to provide a minimum of distraction and a maximum of comfort</p>	<p>Don't Drink caffeine – containing beverages (coffee, tea, soft drinks) after dinner</p>
<p>Do Reserve your bedroom for sleep. When you get into bed, turn off the lights and try to go to sleep</p>	<p>Don't Eat heavy spicy food in the evening</p>
<p>Do Determine what your optimal amount of sleep is. Systematically work toward obtaining the right amount of sleep each night</p>	<p>Don't Eat late evening meals or drink large quantities of liquid in the evening</p>
	<p>Don't Watch TV, eat, or read in bed</p>
	<p>Don't Lie awake in bed for long periods of time. If you can't fall asleep within 30 minutes, get out of bed and do something relaxing before trying to fall asleep again</p>