



Main Line Health®
HomeCare & Hospice

Sleep Hygiene

- Go to bed and get up at the same time every day.
- Only use your bed for sleep or sex.
- Do not read, watch TV, use a computer or phone in bed.
- Background ‘white noise’ like a fan is OK.
- Your bedroom should not be too hot or cold. Keeping the bedroom a little cooler can help.
- A dark bedroom helps you sleep better.
- Keep a regular and relaxing bedtime routine.
- A warm bath or shower before bedtime can help sleep.
- Avoid napping during the day.
- Avoid stimulants such as caffeine, chocolate and nicotine too close to bedtime.
- Avoid alcohol too close to bedtime. Alcohol can make you sleepy, but it can lower the quality of sleep.
- Daytime light can improve sleep.
- Taking a daytime walk or exercising can be helpful.
- Strenuous exercise should be done in the morning or late afternoon.
- Relaxing exercise, like yoga, can be done before bed.
- Avoid large meals close to bedtime.
- Some people have disrupted sleep from spicy foods.
- Try to avoid stressful activities before bedtime.
- If you find yourself awake and worrying, get out of bed, and sit in a chair in the dark until you are tired. Avoid watching TV, reading or using your computer.

Reference:

Adapted from National Sleep Foundation 2015 <http://sleepfoundation.org/ask-the-expert/sleep-hygiene/page/0%2C2/> and the American Sleep Association <http://www.sleepassociation.org/index.php?p=sleephygienetips> .