

Sleeping Tips

DOS

- Create a regular sleep routine: Go to bed/wake up at a similar time each day, even on the weekends.
- Eat a balanced diet.
- Make sure your bedroom is dark.
- Have a comfortable sleeping space.
- Have a comfortable bedroom temperature.
- Have a relaxing bedtime routine.
- Use relaxation exercises such as deep breathing or progressive muscle relaxation.
- Warm glass of milk before bed has been known to be a sleep inducer.
- Keep your day routine the same even if you have a bad nights sleep.
- Monitor your ability to sleep with a sleep diary (don't use longer than 2 weeks).
- Regularly exercise (avoid intense exercise 4 hours before bed)
- Have a bath 1-2hrs before bed.

DONTS

- Nap during the day/afternoon.
- Use electronic devices with bright screens before bed.
- Sit in brightly lit environments.
- Don't eat large amounts of food 3 hours before bed.
- Drinking alcohol will impair your sleep quality
- Stay in bed if you can't sleep, rather get up & do something to relax not something that will make you alert.
- Use your bed for things other than sleep & sex.
- Consume caffeine or nicotine 4-6 hours before bed.
- Frequently watch the clock (it will keep you up & reinforce your sleep concerns).

Was there anything that you noticed while doing this activity? If so, write it down so you can bring it up in your next session with your psychologist.
