

Sleep Hygiene for Adults

- Set a bedtime routine
 - Having a routine cues your body it is time to sleep
 - Set a routine that you follow every night
- Establish a fixed awakening time
 - Try waking up at the same time every day (even on the weekends) no matter how poorly you slept
- Create a comfortable sleep environment
 - Get a supportive mattress and fresh, comfortable bedding
 - Ensure your room is not too hot or too cold
 - Minimize noise and block out light
- Just for Sleeping
 - Your bed should be used strictly for sleeping or sex
 - Avoid reading, watching television, working, or studying in bed
- Relax
 - Take a hot bath 90 minutes before you plan to go to bed
 - Try meditating or listening to calming music
- Sleep only when sleepy
 - Do not force yourself into bed a particular time if you are not feeling sleepy
- Get out of bed
 - If you cannot fall asleep after 20 to 30 minutes, get out of bed, go to another room, and do something boring (read the manual on how to use your phone) or try relaxing (meditating, listen to calm music), When you feel sleepy try going back to bed
- Avoid Screens
 - Turn off electronics at least 30 minutes before bedtime
 - Brightly lit screens reduce your body's ability to produce melatonin, a hormone that makes you feel sleepy
- Avoid certain intoxicants
 - Avoid caffeine at least 4 hours before bedtime (Soft drinks, coffee, some teas, chocolate)
 - Alcohol interferes with sleep throughout the night
 - Nicotine is a stimulant and can keep you awake, do not use within 4 hours of bedtime
- Skip the nap
 - Naps interfere with normal sleep cycles, by avoiding naps your body will be more tired
 - If you absolutely have to nap, make it around 30 minutes and before 3pm
- Get physical
 - Exercise for at least 30 minutes three times a week
 - Exercising less than two hours before bedtime can actually interfere with sleep
- Get some natural light
 - Natural light is important for your body to produce melatonin
 - Sunlight early in the day is particularly helpful in synchronizing your body's natural sleep/wake cycle