

Sleep Hygiene

If you are having trouble sleeping, this is a list of things you should try to improve your sleep hygiene and quality of your sleep.

1. Stick to a schedule always even on weekends.
2. Exercise is great, but not too late in the day.
3. Avoid caffeine and nicotine.
4. Avoid alcoholic drinks before bed.
5. Avoid large meals and beverages late at night before going to bed.
6. Don't take naps after 3pm. Keep power naps less than 1 hour.
7. Relax before bed.
8. Take a hot bath before bed.
9. Have a good sleeping environment. Get rid of anything in your bedroom that might distract you from sleep.
10. Have the right sunlight exposure.
11. Don't lie in bed awake. If you find yourself still awake after staying in bed for more than 20 minutes, get up and do a relaxing activity until you feel sleepy.
12. Adopt good sleeping postures.
13. See a doctor if you continue to have trouble sleeping.

