



What is Sleep Hygiene?

Sleep hygiene is the term used to describe good sleep habits. Considerable research has gone into developing a set of guidelines and tips which are designed to enhance good sleeping, and there is much evidence to suggest that these strategies can provide long-term solutions to sleep difficulties.



Sleep Hygiene

- **Routine** Go to bed and get up at the same time every day.
- **Sleep when sleepy** Only try to sleep when you actually feel tired or sleepy.
- **Get up** If you are not asleep after 20 minutes, get up and do something calming.
- **Avoid caffeine & nicotine** Avoid consuming any caffeine or having any source of nicotine 4-6 hours before going to bed.
- **Avoid alcohol** Avoid consuming any type of alcohol 4-6 hours before going to bed.
- **Bed is for sleeping** Do not read, write, eat, use your phone, or watch TV in bed.
- **No naps** Avoid taking naps during the day.
- **Sleep rituals** Develop rituals that help you relax each night before bed.
- **Bathtime** Have a hot bath 1-2 hours before bedtime.
- **Exercise** Do not do strenuous exercise in the 4 hours before bedtime.
- **Eat right** Do not go to bed hungry. Avoid having a large meal but rather a light snack before bedtime.
- **No clock watching** Frequently checking the clock during the night can keep you awake.
- **The right space** Make your bedroom quiet and dark. A cooler room with enough blankets to stay warm is best.
- **Same daytime routine** Keep a regular schedule (meals, medication, chores, workouts, etc).
- **Sleep Diary** A tool for evaluating a person's sleep. Only use for 2 weeks to get an idea of what is going on, then again in 2 months to see how you are progressing.

Cognitive Behavioral Therapy

What is Cognitive Behavioral Therapy?

It is a treatment approach that helps you recognize negative or unhelpful thought and behavior patterns.



1. Sleep Hygiene Is healthy sleep habits or behaviors you can practice that may help improve your ability to fall asleep and remain asleep through the night. Establishing and practicing good sleep hygiene throughout the day impacts both the quality and quantity of sleep you get each night.

2. Stimulus Control Therapy Helps to identify and change sleep habits that prevent you from sleeping well. Things you can do are; set a consistent bedtime and wake up time, avoid naps, use your bedroom for just sleep and sex, and leave the bedroom if you can't go to sleep within 20 minutes, only returning when you're sleepy.

3. Sleep Restriction Lying in bed when your awake can become a habit that leads to poor sleep. Sleep restriction reduces the amount of time you spend in bed, causing partial sleep deprivation, which makes you more tired the next night.

4. Relaxation Training Helps calm the mind and body, relieving tension and anxiety. Some techniques are breathing exercises, meditation, imagery, muscle relaxation, hypnosis and more.

5. Paradoxical Intention Since worrying about not being able to sleep generates anxiety that keeps you awake, letting go of this worry and making no effort to sleep, paradoxically, help you to unwind and fall asleep.

6. Biofeedback Uses technology to help monitor certain processes in the body such as heart rate, breathing, brain waves, and body temperature. Using the information provided by the electronic devices, people may begin to learn to have more control over these processes.