

## SLEEP HYGIENE: How to Sleep Better

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Good sleep is influenced by many factors. Below is a review of things that are known to make sleep worse and better. Consider changes that you can make to improve your sleep.

### Things That Make Sleep Worse

- Napping during the day
- Consuming caffeine such as coffee, tea, soda, energy drinks, and even chocolate
  - How many drinks with caffeine do you have each day and what size are they?
  - When do you drink caffeine? It is best to not consume after 2pm
  - Remember that some headache medications contain caffeine
- Consuming alcohol or nicotine within 2 hours of bedtime
- Watching television or using a laptop/tablet in bed/before bedtime
- Eating a heavy meal within 3 hours of sleep
  - Light snack is acceptable, do not want to go to sleep hungry
- Staying in bed even when you can't fall asleep
  - If you are not asleep after 20-30 minutes, get out of bed and do something relaxing until you are ready to sleep (e.g., reading, calming music)

### Things That Make Sleep Better

- Exercising and engaging in physical activities regularly
    - It is best not to exercise within 3 hours of bedtime
  - Having a regular routine
    - Go to sleep and wake up around the same time each night
    - Using relaxation techniques (e.g., deep breathing, guided imagery)
    - Take a warm bath or shower 2-3 hours before bedtime
  - Setting aside a scheduled time for 'worry' each day
    - Write down any issues that are bothering or concerning you at least 2 hours before bedtime
    - If you begin to think of these things in bed, remember that you have spent time on them already and that you will leave them behind until tomorrow
  - Making your bedroom comfortable
    - Keep room dark and cool
    - Have extra pillows and/or soothing smells
  - Using the bed only for sleep and sex
  - Waking around the same time each day
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Breaking bad sleep habits and adopting better ones can have a positive impact on the quality of your sleep. **Remember:** Making even small changes can make a big difference!

## SLEEP BEHAVIOR CHANGE LOG

**Instructions:**

1. Choose 1-4 Sleep Behaviors you want to modify and indicate in column labeled "Sleep Behaviors."
2. Each night you successfully engage in the sleep behavior mark an "X" in the square.
3. Note the impact that the change(s) had on your sleep.

Sleep Behavior	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sample: Go to bed at 10pm	X		X		X	X	
#1							
#2							
#3							
#4							
Impact on Sleep: "I" = Improved "NC" = No Change "W" = Worse	W		NC			I	