

Sleep Habits Do's and Don'ts

Do's

- DO: Establish a regular bedtime and rise time
- DO: Only use bed for sleep (if possible)
- DO: Exercise in the morning or early afternoon
- DO: Take a hot bath a couple of hours before bedtime
- DO: Establish a comfortable sleep environment (e.g., bed, and bedding)
- DO: Sleep in a dark, quiet area that is temperature controlled (if possible)
- DO: Establish a relaxing pre-sleep routine that you use every night before sleep, such as washing your face, getting into pajamas, reading or listening to soft music before turning the lights out

Don'ts

- DON'T: Take daytime naps
- DON'T: Watch TV in bed
- DON'T: Use stimulants such as caffeine and nicotine
- DON'T: Drink alcohol before bedtime
- DON'T: Go to bed too hungry or too full
- DON'T: Eat spicy or acidic foods (e.g., orange juice) before bed
- DON'T: Try too hard to fall asleep
- DON'T: "Watch the clock"
- DON'T: Take prescription and over-the-counter medications that might be stimulating (check with your doctor)

