

## Tips for Great Sleep

1. **Get into a rhythm.** One of the best ways to train your body to sleep well is to go to bed and get up at about the same time every day.
2. **Sleep when sleepy.** Only try to sleep when you actually feel tired or sleepy, rather than spending too much time awake in bed.
3. **Get up & try again.** If you can't fall asleep after about 20 minutes, get up and do something calming or boring until you feel sleepy, then return to bed and try again.
4. **Avoid caffeine & nicotine.** Avoid consuming any caffeine (in coffee, tea, cola, chocolate and some medications) or nicotine (cigarettes) for at least 4-6 hours before going to bed.
5. **Avoid alcohol.** It's best to avoid alcohol for at least 4-6 hours before bed. Alcohol can prevent you from getting deep sleep.
6. **Bed is for the 3 R's.** Reserve your bed for three activities only: rest, reading and romance.
7. **Unplug.** Blue light interferes with your body's ability to produce the sleep hormone, melatonin. Use the Night Shift setting on your phone after it gets dark outside. Avoid all screens and bright lights for 30 minutes before bed.
8. **Wind down.** Try adopting a relaxing sleep ritual 30 minutes before bedtime, such as stretching, deep breathing or enjoying a cup of caffeine-free tea.
9. **Take a bath.** A hot bath 1-2 hours before bedtime can be useful, as it will raise your body temperature, causing you to feel sleepy as your body temperature drops again.
10. **Keep your bedroom comfortable, cool, dark and quiet.** Use an eye mask or blackout shades to keep your room dark. White noise, such as a fan, is okay.
11. **Eat right.** A healthy, balanced diet will help you to sleep well, but timing is important. A light snack before you sleep is okay, but avoid heavy meals 2-3 hours before bedtime.
12. **Move during the day.** Regular exercise can help you to get restful sleep, but avoid strenuous activity for at least 3 hours before bedtime.
13. **No clock-watching.** Many people who struggle with sleep tend to watch the clock too much, and this can stress you out.
14. **Keep your daytime routine the same.** Even if you have a bad night of sleep, try to keep your daytime activities the same as you had planned.

# Ways to Unwind

Often, the hardest part of falling asleep is the transition from wakefulness to restfulness. Taking some time to shift into a restful state of mind can make falling asleep easier. Having a consistent bedtime routine is an important part of this process. Start your bedtime routine a couple of hours before bed.

Here are some restful activities to help you unwind:

- Breathe deeply.
- Dim the lights.
- Drink herbal tea or warm milk.
- Get a massage.
- Listen to calming music.
- Make a list of things to do the next day.
- Read a soothing book.
- Sit outside.
- Stretch.
- Take a warm bath or shower.
- Write in a journal.
- Meditate.
- Do a body scan, progressive relaxation, or breathing technique.

**Think about your routine now. What helps you unwind at the end of the day? What are some things you might change to help you get more rest?**



# Sleep Hygiene Checklist

Sleep hygiene involves habits and practices that are conducive to sleeping well on a regular basis. Use this checklist to determine what might be helping or hurting your sleep.

## Is your environment...

- Dark** - Dim all lights 30-60 minutes before bed, and use room darkening shades or a sleep mask to block out light when sleeping.
- Quiet** - Use white noise or earplugs to block out sound, especially if you have a noisy partner or home!
- Cool** - The ideal temperature for sleep is between 60-67 degrees Fahrenheit (15-20°C). Also, sleeping with minimal clothing can help. Warm yourself with blankets and sheets as needed.
- Device-free** - Clear the room of all devices and screens. If you can't live without your phone by your bed, set it to silent and place it face down.
- Comfortable** - Time for a new mattress? Considering you spend one-third of your life in bed, it should be comfortable and suited to your body.

## Are You...

- Consistent** - A consistent sleep and wake time (yes, even on the weekends) can promote better sleep.
- Relaxed** - Avoid stimulants like caffeine, nicotine, or anything that amps you up (video games, stimulating TV shows, etc.) for 1-2 hours before bedtime.
- Habitual** - Establish a habitual wind-down routine (like drinking a glass of water, brushing your teeth, and reading). The more you perform your pre-sleep ritual, the more your body will recognize it as a cue to sleep.
- Satisfied but not stuffed** - Eat large meals at least 3 hours before bedtime. If you're hungry, have a small carbohydrate- and protein-rich snack before bed (for example: toast and peanut butter).
- Active early** - Although this can vary from person to person, being physically active earlier in the day can help your sleep. Activity right before bed can be too stimulating for some.
- Avoiding Alcohol** - Although it can put you to sleep, it can interfere with sleep quality.
- Watching your fluids** - If you find yourself getting up during the night to urinate, limit all fluids 90 minutes before bed.



The **National Sleep Foundation** is dedicated to improving health and well-being through sleep education and advocacy. It is well-known for its annual Sleep in America® poll. The Foundation is a charitable, educational and scientific not-for-profit organization located in Washington, DC. Its membership includes researchers and clinicians focused on sleep medicine, health professionals, patients, families affected by drowsy driving and more than 900 healthcare facilities.

[www.sleepfoundation.org](http://www.sleepfoundation.org)

## Sleep Diary

Sufficient sleep is important for your health, well-being and happiness. When you sleep better, you feel better. The National Sleep Foundation Sleep Diary will help you track your sleep, allowing you to see habits and trends that are helping you sleep or that can be improved.

How to Use the  
National Sleep Foundation Sleep Diary

- ❖ Our sleep diary only takes a few minutes each day to complete.
- ❖ We've given you diary entries for seven days; you may want to make several copies.
- ❖ Review your completed diary to see if there are any patterns or practices that are helping or hindering your sleep. Is your bedroom a sanctuary for sleep? Or are there too many distractions? Did your nap interfere with a good night's sleep?
- ❖ Make incremental changes. Changing one habit at a time can set you on the path to healthy sleep.

Visit [sleepfoundation.org](http://sleepfoundation.org) for more sleep tips.

Complete in Morning

Start date: / /	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day of week:							
I went to bed last night at:	PM / AM	PM / AM	PM / AM	PM / AM	PM / AM	PM / AM	PM / AM
I got out of bed this morning at:	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM
Last night I fell asleep:							
Easily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After some time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
With difficulty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I woke up during the night:							
# of times							
# of minutes							
Last night I slept a total of:	Hours	Hours	Hours	Hours	Hours	Hours	Hours
My sleep was disturbed by:	List mental or physical factors including noise, lights, pets, allergies, temperature, discomfort, stress, etc.						
When I woke up for the day, I felt:							
Refreshed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Somewhat refreshed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fatigued	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Notes:	Record any other factors that may affect your sleep (i.e. hours of work shift, or monthly cycle for women).						

Complete at the End of Day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day of week:							
I consumed caffeinated drinks in the:	(M)orning, (A)fternoon, (E)vening, (N/A)						
M / A / E / NA							
How many?							
I exercised at least 20 minutes in the:	(M)orning, (A)fternoon, (E)vening, (N/A)						
Medications I took today:							
Took a nap? (circle one)	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	No	No	No	No	No	No	No
If Yes, for how long?							
During the day, how likely was I to doze off while performing daily activities:	No chance, Slight chance, Moderate chance, High chance						
Throughout the day, my mood was...	Very pleasant, Pleasant, Unpleasant, Very unpleasant						
Approximately 2-3 hours before going to bed, I consumed:							
Alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A heavy meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Caffeine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In the hour before going to sleep, my bedtime routine included:	List activities including reading a book, using electronics, taking a bath, doing relaxation exercises, etc.						