

Good Sleep Habits

1. Go to bed at the **same time** each night and get up at the **same time** each morning.
2. Begin to relax and unwind one hour before getting into bed.



3. Avoid looking at your computer, Smartphone and/or Tablet (and other bright lights) at least 3 hours before bed. Consider a “blue light screen” to reduce alerting light from these devices.



4. Exercise regularly but no sooner than 4 hours before bed.
5. Avoid if you can, watching television or streaming videos in bed.
6. Avoid drinking caffeinated products after 2 PM (including coffee, tea, sodas, energy drinks).
7. Limit or avoid alcohol. Avoid sleeping pills.
8. Your bedroom should be cool, dark and quiet.
9. Avoid naps.
10. Set aside separate “worry” or “planning” time earlier in the day, write this in a journal or log.
11. Do not look at the clock if you wake up in the middle of the night (turn it away or cover it).
12. If you are awake for too long during the night, try relaxing techniques (deep breathing, visual imagery or progressive muscle relaxation). Get out of bed to relax elsewhere in house if too awake. Try to get back to bed once you feel more ready.

