

Clear Mind Systems

Sleep Hygiene

- 1. Don't go to bed unless you are sleepy.**
If you are not sleepy at bedtime, then do something else. Read a book, listen to soft music or browse through a magazine. Find something relaxing, but not stimulating, to take your mind off of worries about sleep.
- 2. Begin rituals that help you relax each night before bed.**
This can include such things as a warm bath, light snack or a few minutes of reading. Begin reducing exposure to light a few hours before bed-time.
- 3. Get a full night's sleep on a regular basis.**
Get enough sleep so that you feel well-rested nearly every day.
- 4. Avoid taking naps to make up for poor sleep.**
If you must take a nap, try to keep it short (less than one hour). An afternoon nap of 20 minutes can work for some. Think Siesta.
- 5. Keep a regular schedule.**
Go to bed and get up in the morning the same time each day even on the weekend. **(for best results)**
- 6. Don't eat, watch TV, talk on the phone, or play cards in bed.** The bedroom is for sleep, intimacy and recovering from illness.
- 7. Reduce caffeine intake and refrain from having it after lunch.**
- 8. Refrain from beer, wine, or any other alcohol within two hours of your bedtime.** Alcohol disturbs sleep and causes arousals despite the feeling of drowsiness.
- 9. Avoid cigarettes or any other source of nicotine before bedtime.**
- 10. Do not go to bed hungry, but don't eat a big meal near bedtime either.** Have a small light snack before bed if you're hungry.
- 11. Avoid any strenuous exercise close to your bedtime. (true for most people but not all)**
Exercise is good for most people but do it earlier in the day.
- 12. Avoid sleeping pills, or use them cautiously.**
- 13. Try to process or deal with things that make you worry.**
Find a time during the day to get all of your worries out of your system. Write down worries and plans in a notebook.
- 14. Make your bedroom quiet, dark, and a little bit cool.**
An easy way to remember this: it should remind you of a cave. While this may not sound romantic, it seems to work for bats. Bats are champion sleepers. They get about 16 hours of sleep each day. Maybe it's because they sleep in dark, cool caves.