

GO TO BED ONLY WHEN YOU ARE SLEEPY

- Get out of bed and do something relaxing if you don't fall asleep within half an hour.

MAINTAIN A REGULAR SCHEDULE

- Have a regular time for eating meals, work, and homework.
- Exercise regularly. But be mindful of exercising close to bed time because it can negatively affect sleep in some people.
- Go to sleep and wake up at the same time everyday, even on weekends.
- If you take naps, try to do so at the same time everyday. If you have trouble sleeping at night, limit daytime naps to no more than 20 minutes.

ESTABLISH RELAXING PRE-SLEEP RITUALS

- Such as a warm bath, herbal tea, hot milk, stretching, meditation, satisfying sex, or 10 minutes of good reading.
- Don't eat or drink anything containing caffeine or alcohol within several hours of bedtime.
- Avoid illegal drugs and cigarettes. These substances disrupt sleep patterns.

ASSOCIATE YOUR BEDROOM ONLY WITH SLEEPING

- Try not to read or watch T.V. in bed.
- Eliminate loud noises and distractions.
- Keep your bedroom dark, quiet, comfortable and cool.

If problems persist, do not take drugs without first consulting a doctor. Using the wrong drug, even a common sleeping pill, may actually worsen the problem.

START A SLEEP JOURNAL!!!

Write down everything that happens to you daily concerning sleep. Remember to include the food you eat, when you eat it, the exercise you do, exercise you don't do, how long you sleep, how comfortably you slept, and most importantly...how you feel as a result of each activity.

Repetitive pain, difficulty breathing, depression, loud snoring, anxiety, or sweating means you should consider seeing a doctor.

(Cont. on Back)



HELPFUL WEB SITES:

National Sleep Foundation
www.sleepfoundation.org

Sleep Information from the National Institutes of Health
www.nhlbi.nih.gov/health/public/sleep/index.htm

Sleepnet
www.sleepnet.com