
Sleep Hygiene | Patient Education

2012

Recommendations

Adults ages 18-60 are recommended to get between 7-9 hours of sleep each night. Insufficient sleep is associated with a number of chronic diseases and conditions—such as diabetes, cardiovascular disease, obesity, and depression—which threaten our nation's health. Not getting enough sleep is associated with the onset of these diseases and also may complicate their management and outcome.

Personal Habits

Fix a bedtime and an awakening time. Try to be consistent with the bed time and awakening time. The body "gets used" to falling asleep at a certain time

Avoid napping during the day. If you do nap, limit naps to no longer than 30-45 minute before 3pm

Avoid caffeine 4-6 hours before bedtime. This includes caffeinated beverages such as coffee, tea and many sodas, as well as chocolate, so be careful.

Avoid heavy, spicy, or sugary foods 4-6 hours before bedtime. These can affect your ability to stay asleep.

Exercise regularly, but not right before bed. Regular exercise, particularly in the afternoon, can help deepen sleep. Do not exercise less than 3 hours before you plan to go to bed because your body is more active after exercise and it can be more difficult to sleep.

Environment

Use comfortable bedding. Often this can be the source of sleep deprivation. Make sure you are comfortable. Sleeping on your side with a pillow between your legs has been show to relieve back pressure and help to create a comfortable sleep position.

Make sure the temperature is moderate and room is well ventilated. Having good ventilation can help with calm breathing and temperate can help the body from being too cold or over heating

Reserve room for sleep Don't use the bed for an office, for reading, or watching TV,

Block out excess noise, use white noise generators like a fan or soft radio music to block out ambient noise

Getting ready for Bed

Establish a Pre-Bed routine, Reading, washing face, writing downs things you are grateful for

Don't take your worries to bed, write them down and remove them from your mind for a period of time

Try a light snack before bed, warm milk or items like bananas.

Practice relaxation techniques, Mediations, deep breathing, and stretching