

Sleep Hygiene Rules

These recommendations will help you to sleep better in general. **If I circled any specific recommendation or hand written on this page, please make sure that you make those changes in your sleep habits as they are individually important to you.**

1. Sleep is associated with many changes in your body chemicals which have 24 hour rhythms. Always go to bed at the same time and wake up at the same time, no matter if you have to do things in the morning or not. This way your body gives you a momentum to have a better sleep when you do sleep. Follow these times both on weekend and weekdays.
2. Before you go to bed you have to follow a relaxing routine. A 20-30 minute down time before sleep with a regular routine (for example having little milk, then brushing teeth then reading or meditating for 15 minutes) will give your brain a preparation signal and makes it easier to fall asleep.
3. Go to bed only when you are drowsy.
4. Use bedroom only for sleeping and intimacy moments. You should not use electronics (computer, phone, text etc.), eat, drink or watch TV in the bed room.
5. If in the bed it takes to the point that you are thinking it's a while and I am not sleeping (around 30 minutes time), then get up and leave the bedroom. Do something quite (like reading a boring book) in a dim light till you feel you are drowsy and ready to sleep then come back to bed at that time.
6. Daytime naps will cause less ability to sleep in the night. Avoid naps in the morning unless you need the nap to regain alertness before doing tasks that required alertness like driving. Take them only if necessary.
7. Avoid bright light from sometime prior to the sleep and during the night. This includes looking at TV and computer monitor as they project very bright light. Additionally you bedroom should be dark in the night (or the times you are attempting to sleep)
8. We sleep better when the bedroom is on the cooler side. Avoid a warm bedroom.
9. If you have to sleep in the noisy place use ear plagues or white noise machines, or attempt to remove the source of noise or your sleeping place if it occurs on a long term basis.
10. No caffeine 8 hours prior to sleep. Use of more than 2 cups of coffee during day may suggest that you have excessive sleepiness.
11. No alcohol 6 hours prior to sleep. Alcohol induces sleep initially but causes insomnia and poor sleep later in the night.
12. Do not check the clock during the night. That is a major source of arousal.
13. A light snack one hour prior to sleep can help some individuals to have a better sleep. Do not have large meals prior to sleep.
14. Exercise will help you gain a better sleep quality. It will help your body if you exercise almost at the same time during the day. As I mentioned it helps the rhythms of the body chemicals. The best time exercise is in the morning or around 5 hours prior to sleep.
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