

## Sleep Hygiene Guidelines

1. Keep a regular sleep-wake schedule, 7 days per week.
2. Keep the amount you sleep each night the same average the week before.
3. Avoid sleeping-in after a poor night of sleep, long periods of time laying down or daytime napping; these activities usually affect the next night's sleep
4. Get regular exercise ever day: about 40 minutes of an activity with good intensity to cause sweating. Avoid vigorous exercise 2 hours before bedtime.
5. Avoid caffeine, nicotine, alcohol and other recreational drugs, all of which disturb sleep. If you must smoke, do not do so after 7:00 pm.
6. Plan quiet period before lights out; a warm bath may be helpful
7. Avoid excessive liquids or heavy evening meals; a light carbohydrate snack (e.g., crackers and warm milk) before bedtime can be helpful.
8. Avoid watching/checking the clock as it can cause frustration and anger and prevent a return to sleep.
9. Schedule a wind-down period before bed, including no screens for 30-60 minutes before wanting to fall asleep.
10. As much as possible, keep your bedroom dark and soundproof. If you live in a noisy area, consider ear plugs.
11. Use the bedroom only for sleep and intimacy; using the bed as a reading place, office or media centre makes you more alert in a place that should be associated with quiet and sleep.
12. If you awaken during the night and are awake, get up, leave the bedroom and do something quiet until you feel drowsy-tired, then return to bed.

Clinical Practice Guideline Adult Primary Insomnia: Diagnosis to Management (2007)

Gray, J. (2007). *Therapeutic Choice*, (5<sup>th</sup> ed.). Toronto: Canadian Pharmacists Association.