

Sleep hygiene



Sleep hygiene refers to good sleep habits. The following are some ways of establishing and maintaining healthy sleep routines, and can provide long-term solutions to sleep difficulties:

Routines

Teach your body to get ready for sleep

- Go to bed and get up at regular times
- Develop a personal, relaxing, pre-bed routine e.g. stretching or breathing exercises
- A hot bath 1-2 hours before bed or a warm glass of milk can help
- Teach your body to link 'bed' with 'sleeping' - avoid using the bed to eat, work, read, or use electronic devices



Environment

Are your surroundings suitable for sleep?

- A cooler room with enough blankets for warmth is best
- Use heavy curtains/blinds, an eyemask and/or earplugs to block out light and noise



Diet, exercise and napping

What you do in the day impacts your sleep at night

- Avoid naps, or restrict naps to less than 1 hour before 3pm
- Avoid caffeine, nicotine, and alcohol at least 4-6 hours before bed
- Avoid looking at bright screens (e.g. phone, tablet) 2-3 hours before bed
- Exercise regularly but avoid strenuous exercise within 4 hours of bedtime
- Maintain a balanced diet but avoid a large meal soon before bed



Reactions

How we respond to poor night's sleep can help make or break a poor sleep cycle

- If you can't fall asleep after about 20 minutes, get up, do a calm or boring activity until you feel sleepy, then return to bed
- Avoid frequently checking the clock at night
- Try to do everything you had planned for the day, even if you slept poorly the night before



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Night's Sleep Martin C. Moore-Ede, Suzanne LeVert, 1999 This tip filled alternative to sedatives provides simple methods of determining how much sleep is needed self quizzes to zero in on one's personal sleep enemies strategies to break bad sleep habits evaluations on the latest sleep aids and more

Steady State: Mastering Stress with Science and Simple Shifts
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Advice to a Wife on the Management of Her Own Health and on the Treatment of Some of the Complaints Incidental to Pregnancy, Labour, and Suckling Pye Henry Chavasse, 1880

Good Health, 1903

Quick Access Professional Guide to Conditions, Herbs & Supplements Integrative Medicine Communications, 2000 An indispensable source of information that covers both conventional and complementary treatment regimens Herb monographs give data on the uses dosages and safety of 36 popular herbs Supplement monographs provide clinical information on 44 vitamins minerals trace elements and amino acids The guide gives practical guidelines on both conventional and complementary approaches to 100 common conditions

The Teachers' Guide, 1930

Medical Counselor and Michigan Journal of Homeopathy, 1900

Journal of Practical Medicine, 1899

Nursing World, 1899

Cognitive Therapy for Bipolar Disorder Dominic Lam, 1999-08-25 Bipolar disorder or manic depression is a serious mental disorder which is likely to represent the next major area after psychosis for the wider application of cognitive behavioural therapy

Municipal Ordinances, Rules, and Regulations Pertaining to Public Health Adopted 1910-1914 by Cities of the U.S. Having a Population of Over 10,000 in 1910 United States. Public Health Service, 1915

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Bulletin University of Illinois (Urbana-Champaign campus). Bureau of Educational Research, 1929

Professional Safety, 2005

Contemporary Psychiatric-mental Health Nursing Carol A. Glod, 1998 This unique text presents the most current biological and behavioral theories of mental illness The emphasis is on the practical application of information to help students understand the experience of what it means to have a particular disorder and how it feels to be on psychotropic medication Also a variety of therapies are covered and treatment in the community is stressed

Educational Tests for Use in Elementary Schools Charles Watters Odell, University of Illinois (Urbana-Champaign campus). Bureau of Educational Research, Walter Scott

Monroe, Marion Eugene Herriott, Thomas Tristram Hamilton, Max Dissette Engelhart, 1929

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