

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



Ultimate Sleep Hygiene Tips Step Plan

David G. Myers, C. Nathan DeWall



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Ultimate Wellness Prof. Kerryn Phelps, 2013-02-01 Are you stuck in a health rut Stressed out overtired overweight and under par Maybe you sleep less and drink more than you should You know you need to make changes now rather than wait for the big health crisis but how In *Ultimate Wellness* Professor Kerryn Phelps AM one of Australia's best known and most respected GPs shares her simple but effective 3 step approach to ultimate wellbeing Kerryn shows you how to assess your health make a plan for improvement and change your mindset to ensure you stick to your goals She demonstrates how a little bit of effort one step at a time will make an enormous difference to how you feel Along the way she provides answers to your most common health questions How do I find the right health professional What really works when it comes to weight loss How do I integrate complementary and conventional treatments Do I need to take vitamins and other supplements How much exercise is ideal and how much can I get away with Why can't I get a good night's sleep How much alcohol is too much What can I do to overcome stress and fatigue Informative accessible and achievable this is your complete plan for getting better staying well and achieving ultimate wellness

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