

**SLEEP HYGIENE**

Don’t go to bed until you’re tired enough to sleep

 If you aren’t asleep after 20 minutes, then get out of bed

Have rituals that help you relax before bedtime

Establish a regular daytime schedule

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No napping

Use the bed only for sleep and sex

No caffeine after lunch

 No alcohol or strenuous exercise for 6 hours before bedtime

No cigarettes before bedtime

 Don’t go to bed too hungry or too full

Use sleeping pills with caution

 Try to deal with worries before bedtime

Keep the bedroom dark, quiet, and cool