

Sleep Hygiene: Part 1

Date:

Name:

Start time:

Stop time:

The suggestions given below are simple but powerful.

1. They can work as well as or better than using a sleeping pill (although they can be used with or without a sleeping pill).
2. The improvement in sleep that can come from following these suggestions can be long-lasting, while sleep medications work only as long as you take them.

For each point below, please circle the answer that applies to you. Add your comments as needed.

Goal: To train the brain to feel sleepy and to feel awake at regular times

1. Stick to approximately the same time to wake up every day. Do this seven days a week. That is, don't vary this schedule much on weekends either. This will help to gradually set your internal clock. It is much harder to fix the time you go to bed than the time you wake up. This is because you cannot force yourself to go to sleep, but you can usually force yourself to wake up.

Doing already *Will do* *Not applicable*

Comments:

2. This advice to wake up at a fixed time every day is regardless of how long you slept during the night. This is hard to do but will be really helpful by making you sleep better and better over the next few days.

Doing already *Will do* *Not applicable*

Comments:

3. If you haven't slept well and are tired, the temptation to nap is understandable. BUT—if you nap during the day, your sleep at night will be worse. This cycle will continue. Rest as much as you need to during the day, but do not lie down or nap.

Doing already *Will do* *Not applicable*

Comments:

Goal: To avoid being over-stimulated at bedtime

1. Avoid all caffeine after about 12 noon. The effects of caffeine last for a long time.

Doing already *Will do* *Not applicable*

Comments:

2. This does not mean that you can have as much caffeine as you want before 12 noon. You should minimize caffeine use even before that time. If you can completely stop using caffeine, that will be best.

Doing already *Will do* *Not applicable*

Comments:

3. Try to do some exercise every day because it can help you to sleep better. If you are tired, you may have to start with doing only a little bit—whatever you can do. Don't exercise in the evening, however, because this may stimulate you and worsen sleep.

Doing already *Will do* *Not applicable*

Comments:

4. Stop doing active mental work at least 1 hour before you intend to lie down to sleep.

Doing already *Will do* *Not applicable*

Comments:

5. Avoid watching TV or using your laptop or phone before bedtime. The light from these screens has been shown to worsen sleep.

Doing already *Will do* *Not applicable*

Comments:

6. Make a soothing bedtime "ritual" that you follow every day before you lie down to sleep. This may include a warm bath or shower, some light reading, listening to soothing music, etc.

Doing already *Will do* *Not applicable*

Comments:

7. Consider learning a relaxation exercise and practicing it during the day and when you lie down to sleep.

Doing already *Will do* *Not applicable*

Comments:

8. Don't use alcohol as a way to calm yourself and to promote sleep. While it may help you to fall asleep, the sleep will be restless and disturbed.

Doing already *Will do* *Not applicable*

Comments:

In following these suggestions:

1. You may need to keep doing them for some time before you see their full benefit.

Got it

2. Be consistent: try to follow these suggestions as regularly as possible.

Got it

3. Discuss with me how these suggestions are working for you so that we can troubleshoot and refine the plan

Got it

Patient signature _____

Clinician signature _____