

## Sleep Hygiene: Part 2

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 create an environment conducive to sleep**

1. Your bedroom should be dark, so close the blinds. If you do not have adequate blinds or drapes, go to the store and get paper blinds. Make sure to get the ones that are “black out” and don’t allow any light to pass through.

*Doing already      Will do      Not applicable*

*Comments:*

2. Your bedroom should be quiet. Close the door to the bedroom. If other measures are not enough, consider using foam earplugs.

*Doing already      Will do      Not applicable*

*Comments:*

3. If sound still bothers you, consider using a “white noise” app.

*Doing already      Will do      Not applicable*

*Comments:*

4. All year round, your bedroom should be cool but not cold. A temperature of about 65°F is ideal for most people.

*Doing already      Will do      Not applicable*

*Comments:*

5. Your mattress should be relatively firm (not sagging). Your pillow should be comfortable based on your preference of the degree of firmness.

*Doing already      Will do      Not applicable*

*Comments:*

## **Goal: To make your body comfortable and ready for sleep**

1. Restrict the amounts of fluid that you drink in the few hours before you go to bed. This will reduce the chances that you will have to get up to go to the bathroom to urinate at night.

*Doing already*      *Will do*      *Not applicable*

*Comments:*

2. To avoid being too full at bedtime, eat dinner at least 2 to 3 hours before bedtime.

*Doing already*      *Will do*      *Not applicable*

*Comments:*

3. On the other hand, don't go to bed hungry either. If you are hungry, eat a light meal before you go to bed. However, don't eat a heavy meal or high fat or spicy food that may give you heartburn at night.

*Doing already*      *Will do*      *Not applicable*

*Comments:*

4. If you have any kind of pain, take appropriate, effective pain medication. There should be no reason for pain to keep you awake at night.

*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 \_\_\_\_\_