



## GOOD SLEEP HYGIENE

### Maintain The Circadian Drive (Internal Clock)

#### Sleep Schedule:

- Bedtime and wake-up time should be about the same time everyday
- Schedule should be the same on school nights and non-school nights

#### Naps:

- Naps should be avoided in older children and teens

#### Sunlight:

- 30 minutes of sunlight starting within 30 minutes of getting out of bed
- Open curtains/shades in bedroom first thing in the morning
- Time outside should be spent every day, with a period of exercise

#### Hot Bath:

- 2 hours prior to bedtime, last approximately 30

#### Minimize Factors that cause unwanted night-time alertness

- Avoid exposure to bright light at night, including TV and computer screens

### Minimize Alerting Activities In The Evening

#### Bedtime routine:

- Establish a consistent 20-to-30minute bedtime routine
- hour preceding bedtime should include calm, non-alerting activities
- Exercise, computer games, text-messaging, and stressful activities should be avoided

#### Meals:

- Heavy meals within an hour or two of bedtime may interfere with sleep
- Caffeine should be avoided 3 to 4 hours before bed

#### Bedroom:

- Room should be cool (<75°F), comfortable, quiet, and dark
- TVs, computers, cell phones, video games, should be kept out of the bedroom
- Bed should be for sleep only – No studying or talking on the phone in bed!
- Keep the clock turned away from you & don't check it if you wake up during the night

**NO SMOKING: BAD FOR YOUR HEALTH AND  
NICOTINE IS A STIMULANT THAT CAN DISTURB SLEEP.**

**If you have questions contact our office.**