

Healthy Sleep Habits

At Night

Use the bed and bedroom for sleep and sex only.

Establish a regular bedtime routine and a regular sleep/wake schedule.

Do not eat or drink too much close to bedtime.

Create a sleep-promoting environment that is dark, cool, and comfortable.

Avoid disturbing noises; consider a bedside fan or white-noise machine to block out disturbing sounds.

During the Day

Consume less or no caffeine, particularly late in the day.

Avoid alcohol and nicotine, especially close to bedtime.

Exercise, but not within 3 hours before bedtime.

Avoid naps, particularly in the late afternoon or evening.

Keep a sleep diary to identify your sleep habits and patterns that you can share with your doctor.

Sleep Restriction Therapy Guidelines

Initial Instructions

Allow yourself to be in bed only the amount of time determined by your average nightly sleep from a 2-week sleep log. (Do not limit your time in bed to less than 5 hours.)

Delay your bedtime to restrict your time in bed.

Awaken by alarm the same time every day of the week at your typical workday wake-up time.

Do not nap.

Expect some daytime fatigue and sleepiness with shorter time in bed schedules.

Time in Bed Adjustments

Reassess the sleep log weekly and change bedtime to adhere to guidelines according to your average sleep efficiency (sleep time divided by time in bed).

If sleep efficiency is $\geq 90\%$, bedtime is adjusted 15 to 30 minutes earlier.

If sleep efficiency is $\leq 85\%$, bedtime is adjusted 15 minutes later.

Stimulus Control Therapy Guidelines

1. Lie down intending to sleep only when you are sleepy.
2. Do not use your bed for anything except sleep. Do not read, watch television, eat, or worry in bed. Sexual activity is the only exception to this rule. On such occasions, the instructions are to be followed afterward when you intend to go to sleep.
3. If you find yourself unable to fall asleep, get up and go to another room. Stay up as long as you wish and then return to the bedroom to sleep. Do not watch the clock, but get out of bed if you do not fall asleep immediately. The goal is to associate your bed with falling asleep quickly. If you are in bed for more than 10 minutes without falling asleep and have not gotten up, you are not following this instruction.
4. If you still cannot fall asleep, repeat rule 3. Do this as often as is necessary throughout the night.
5. Set your alarm and get up at the same time every morning irrespective of how much sleep you got during the night. This will help your body acquire a consistent sleep rhythm.
6. Do not nap during the day.