



Patient Information

Guidelines For Better Sleep

- Try to go to bed only when you are drowsy.
- Maintain a regular wake time, even on days off work and on weekends.
- If you are not drowsy and can't fall asleep, after about 15 minutes leave your bedroom and engage in a quiet activity elsewhere. Don't allow yourself to fall asleep outside the bedroom. Return to bed only when you are sleepy. Repeat this process as often as you need to throughout the night.
- Use your bedroom only for sleep and sex.
- Avoid naps during the daytime. If you do nap, try to do so at the same time everyday and for no more than one hour. Mid-afternoon (no later than 3:00pm) is best for most people.
- Exercise regularly but avoid vigorous exercise prior to bedtime.
- Keep a regular schedule. Regular times for meals, medications and other activities help keep the inner clock running on schedule.
- Avoid large meals close to bedtime, but a light snack can help promote sound sleep.
- Avoid any caffeine within six hours of bedtime.
- Even a small amount of alcohol can produce dangerous levels of sleepiness if ingested when drowsy. Don't drink alcohol while taking sleep medication, sedatives, or other medicines that may interact with alcohol.
- Avoid the use of nicotine close to bedtime or during the night.
- Establish a relaxing nighttime ritual such as a warm bath, light bedtime snack, or ten minutes of reading.