

General Sleep Measures

- Wake up at the same time each day.
- Discontinue caffeine intake four to six hours before bedtime and minimize total daily use. Caffeine is a stimulant and may disrupt sleep.
- Avoid nicotine, especially near bedtime and on night awakenings. It is also a stimulant.
- Avoid the use of alcohol in the late evening to facilitate sleep onset. Alcohol can cause awakening later in the night.
- Avoid heavy meals too close to bedtime, since this may interfere with sleep. A light snack may be sleep-inducing.
- Regular exercise in the late afternoon may deepen sleep. Vigorous exercise within three to four hours of bedtime may interfere with sleep.
- Minimize noise, light and excessive temperatures during the sleep period.
- Stay up to a reasonable bedtime even if you feel sleepy earlier
- Go to bed only when you are feeling really tired and sleepy
- If you can't sleep, get up and only go back to bed when you're really sleepy again, don't watch T.V. during this time as it is a stimulant ♦ read instead.
- If you're a late sleeper force yourself to get up earlier
- Avoid using your bed for waking activities such as television, working, eating.
- Avoid sleeping in the day, no matter how tired you are
- Relax mentally and physically for an hour before bedtime
- If you are depressed or grieving (anger may be a feature of both) make sure you get the support to deal with your feelings

You won't need to do all of these. Decide which would be most helpful and start with those. If that doesn't help, try others until you are sleeping better. Your aim is to break the cycle of insomnia. You achieve this by establishing a good bedtime/sleep routine and by reinforcing the connection between bed and sleep.