

## Home Strategies to Improve Sleeping Habits



To improve sleeping, start by looking at your own sleeping habits. Here are some simple strategies you can try at home to improve your sleeping.

DO	DON'T
<ul style="list-style-type: none"> <li>● Do try to go to bed and get up at the same time every day.</li> <li>● Do ask your doctor or pharmacist about possible medication side effects keeping you awake.</li> <li>● Do ask your doctor for help if pain or other health problems keep you awake.</li> <li>● Do try to eliminate as many causes of sleep disruption as possible</li> <li>● Do regular exercise (but not within two hours of sleeping)</li> <li>● Do take a relaxing warm bath before sleeping</li> <li>● Do focus on peaceful and relaxing thoughts</li> </ul>	<ul style="list-style-type: none"> <li>● Don't drink caffeine after lunch time.</li> <li>● Don't drink alcohol in the evening.</li> <li>● Don't lie in bed for a long time trying to go to sleep.</li> <li>● Don't take naps longer than about 20 minutes.</li> <li>● Don't do anything in bed but sleep or have sex</li> <li>● Don't eat large meals just before bedtime.</li> </ul>

### Other Ideas to Improve Sleeping

- ✓ Biofeedback
- ✓ Restrict sleeping to night time only
- ✓ Learn how to use relaxation techniques

### Our recommendations

If you are having difficulty sleeping, please make an appointment to talk to your doctor to find a solution. Regular, restful sleep is an essential requirement for healthy living.

### Internet Resources:

<http://www.ahrq.gov/downloads/pub/evidence/pdf/melatonin/melatonin.pdf>  
<http://www.nlm.nih.gov/medlineplus/ency/article/003210.htm>