

Sleep Hygiene

- Maintain consistent sleep schedule
 - important to have a set wake time (or stay within 30-45 mins), even weekends
 - try to have a set bedtime, but if up later, still maintain the same wake time
 - sleeping in (eg. 2-3 hrs) on weekends, leads to equivalent of jetlag every Monday
- Have a brisk wakeup, and get natural light within 1 hr
 - don't use snooze button
 - if no daylight available, use SAD lamp
- Don't nap (or if you do, max 20-30 mins, no later than mid-afternoon)
- Cut out (or limit) stimulants: eg. caffeine, nicotine, decongestants
 - using caffeine impacts body clock by increasing amount of time nervous system is activated, and may get body clock out of sync with sleep drive
 - if caffeine not completely cut, use max 1-2 cups coffee, and only before lunch
- Limit use of alcohol and don't drink within 3 hours of bedtime
 - also don't use THC (marijuana) as sleep aid
- Go to bed neither too hungry nor too full
 - small snack in evening, high in carbohydrate (but easy to digest) sometimes helps
- Get regular exercise (but not within 4 hrs of bedtime)
- Engage in a wind-down routine
 - not realistic to be busy non-stop, then suddenly close eyes and fall asleep
 - have a routine, 20-60 mins long, that will become a cue for sleep
 - allows brain to gently slow down
 - do calming activities, in low light (stretching, reading, quiet hobbies, relaxation)
- Dim ambient light in the hour before bedtime (cues melatonin release)
- Turn off electronic devices an hour before bedtime (or dim light, or block blue light)
 - not only problem of bright light, but also stimulating images
- Sleep on a comfortable bed
- Create a comfortable bedroom environment (eg. dark, quiet, comfortable temperature)