

# Sleep Hygiene

## Tips for Sleeping Better

*Provided by the Massachusetts General Hospital Sleep Center*

### DO:

Allow adequate time and environment for sleep

Have “wind-down” time before bed

Get out of bed to start the day at the same time each day

Go to bed only when sleepy, even if it's a bit later than you'd like

Keep a regular daily schedule (meals, exercise, light exposure)

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\*\*\*\* Two caveats here: 1) avoiding "clock-watching" is key, which makes following this suggestion difficult; 2) some people with insomnia have "misperception", which means they feel awake even though their brain is actually asleep. If you get up from bed, you are definitely not sleeping; but if you remain in bed, lights out, eyes closed, breathing calmly, sleep may be occurring even if it feels like your mind is still going.

### DON'T:

Have caffeine, alcohol, or nicotine 4-6hrs before bed

Take naps (but if you must, no later than the mid-afternoon)

Read or watch TV or check email etc in bed

Go to bed hungry (but avoid heavy meals at night)