

Sleep Hygiene:

- Sleep only as much as necessary to feel rested and then get out of bed
- Maintain a regular sleep schedule (same bedtime and wake time daily)
- Do not force sleep
- Avoid caffeinated beverages after lunch
- Avoid alcohol near bedtime
- Do not smoke (particularly in the evening)
- Do not go to bed hungry
- Adjust the bedroom environment (light, noise, temperature) so that you are comfortable before you lie down
- Deal with concerns or worries before bedtime. Make a list of things to work on for the next day so anxiety is reduced at night
- Exercise regularly, preferably 4 or more hours before bedtime

Stimulus Control:

- Do not spend more than 20 minutes lying in bed trying to fall asleep
- If you cannot fall asleep within 20 minutes, get up, go to another room, read or find another relaxing activity until you feel sleepy again. avoid eating, balancing checkbook, doing housework, watching TV, studying for a test
- Return to bed when you start to feel asleep; if you cannot fall asleep in another 20 minutes repeat the process
- Set an alarm clock and get up at the same time every day, including weekends
- Do not nap during the day

Sleep Hygiene:

- Sleep only as much as necessary to feel rested and then get out of bed
- Maintain a regular sleep schedule (same bedtime and wake time daily)
- Do not force sleep
- Avoid caffeinated beverages after lunch
- Avoid alcohol near bedtime
- Do not smoke (particularly in the evening)
- Do not go to bed hungry
- Adjust the bedroom environment (light, noise, temperature) so that you are comfortable before you lie down
- Deal with concerns or worries before bedtime. Make a list of things to work on for the next day so anxiety is reduced at night
- Exercise regularly, preferably 4 or more hours before bedtime

Stimulus Control:

- Do not spend more than 20 minutes lying in bed trying to fall asleep
- If you cannot fall asleep within 20 minutes, get up, go to another room, read or find another relaxing activity until you feel sleepy again. avoid eating, balancing checkbook, doing housework, watching TV, studying for a test
- Return to bed when you start to feel asleep; if you cannot fall asleep in another 20 minutes repeat the process
- Set an alarm clock and get up at the same time every day, including weekends
- Do not nap during the day