

Empower Minds.
Strengthen Bodies.
Inspire Creativity.

- A. Stick to a sleep schedule. Go to bed and wake up at the same time each day.
- B. Make sure your bedroom is quiet, dark and comfortable. If outside light or sunlight disturbs your sleep, try using light blocking curtains/shades.
- C. Use the bed only for sleep and intimacy, not for snacking, listening to the radio or watching TV.
- D. Be aware of using an electronic reader, LED light or computer while in the bed. These can emit blue light which is a stimulant and can make it difficult for you to fall asleep.
- E. Exercise is great, but not too late in the day. Try to exercise at least 30 minutes on most days but not later than 2–3 hours before your bedtime.
- F. Avoid caffeine and nicotine. Coffee, colas, certain teas, and chocolate contain the stimulant caffeine, and its effects can take as long as 8 hours to wear off fully. Therefore, a cup of coffee in the late afternoon can make it hard for you to fall asleep at night. Nicotine is also a stimulant, often causing smokers to sleep only very lightly. In addition, smokers often wake up too early in the morning because of nicotine withdrawal.
- G. Avoid alcoholic drinks before bed. Having a “nightcap” or alcoholic beverage before sleep may help you relax but it can interfere with your ability to obtain deep sleep. You also tend to wake up in the middle of the night when the effects of the alcohol have worn off.
- H. Avoid large meals and beverages late at night. A light snack is okay. Drinking too many fluids at night can cause frequent awakenings to urinate. Try to avoid large amounts of liquids after 6 pm.
- I. If possible, avoid medicines that delay or disrupt your sleep. Some commonly prescribed heart, blood pressure, or asthma medications, as well as some over-the-counter and herbal remedies for coughs, colds, or allergies, can disrupt sleep patterns. If you have trouble sleeping, talk to your doctor or pharmacist to see whether any drugs you’re taking might be contributing to your insomnia and ask whether they can be taken at other times during the day or early in the evening.
- J. Don’t take naps after 3 p.m. Naps can help make up for lost sleep, but late afternoon naps can make it harder to fall asleep at night.
- K. Establish a bedtime routine. Try taking a hot bath 90 minutes before bedtime, reading, meditation, etc.
- L. A TV, cell phone, or computer in the bedroom can be a distraction.
- M. Having a comfortable mattress and pillow can help promote a good night’s sleep. When is the last time you replaced your mattress/pillow?
- N. Individuals who have insomnia often watch the clock. Turn the clock’s face out of view so you don’t worry about the time while trying to fall asleep.
- O. Have the right sunlight exposure. Daylight is key to regulating daily sleep patterns. Try to get outside in natural sunlight for at least 30 minutes each day.
- P. Don’t lie in bed awake. If you find yourself still awake after going to bed for more than 30 minutes or if you are starting to feel anxious or worried, get up and do some relaxing activity until you feel sleepy. The anxiety of not being able to sleep can make it harder to fall asleep. Do not stay in bed when you wake up in the am.