## Principles and Tips for Good Sleep

<table>
<thead>
<tr>
<th>Sleep Diary</th>
<th>• Monitor the amount of sleep during day and night</th>
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| Regular sleep-wake schedule | • Go to bed at the same time each night  
• Wake up at the same time each morning  
• Avoid naps during the day |
| Sleep-promoting nightly ritual | • Plan a relaxing, soothing routine for your last hour of wakefulness (if the time for “lights out” is 9:45pm, start winding down by 8:45pm)  
• Your last hour could include the following: dimming the lights; screening phone calls for urgent calls; showering, bathing, and doing other usual hygiene routines; changing into your bed clothes; reading relaxing or non-stimulating material; limiting yourself to read only up to your “lights out” time; listening to soothing music or other “white noise” |
| Avoid stressful or other mentally stimulating activities before bedtime | • Address tomorrow’s activities, concerns, or distractions earlier in the day  
• Unless absolutely necessary, postpone anxiety-provoking conversations that require you to make important decisions, or may cause more conflicts, to a time when you are more alert, rested, and much more likely to make a sound decision |
| Do not lie in bed “wide awake” | • Trying to will yourself to sleep when you’re not sleepy will make you more frustrated, not sleepier  
• Instead, get out of bed, and engage in mentally and physically non-stimulating activities that will relax, soothe, and perhaps bore you |
| Avoid stimulants, alcohol, and heavy meals at bedtime | • Have your last caffeine- and alcohol-containing food or drink at least 4 hours before you go to bed  
• Do not smoke within an hour of bedtime, and refrain from smoking if you wake up in the middle of the night  
• Do not eat a heavy meal within 2 hours of going to bed |
| Exercise | • Light, aerobic exercise for even 20-30 minutes earlier in the day promotes deep sleep  
• Avoid exercising within 2 hours of bedtime, since it could actually be activating, and interfere with sleep |
| Comfortable environment | • Sleep is promoted by darkness, quiet or soothing noises, and a relatively cool temperature (<68° F) |