

Condition:



Sleep Hygiene

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What is sleep hygiene?

The most common cause of insomnia is a change in your daily routine. This can be anything like travelling, a change in working hours, change in eating habits, exercise or leisure activities. Relationship issues can also cause problems to sleep too.

Sleep problems can be fairly common and include the following:

- Trouble falling asleep
- Trouble staying asleep
- Early morning waking
- Sleeping too much
- Restless or unsatisfying sleep

Benefits of sleep hygiene

Developing sleep hygiene habits for both physical and mental health are important. It can help improve productivity and overall quality of life.

Implementing the changes

Tips to getting started with sleep hygiene is:

Start small

Be consistent

Be patient

Chart your progress

Your routine will depend on what works for you, but the most important thing is working out a routine and then sticking to it.

Do's	Don't
<ul style="list-style-type: none"> • Go to bed at the same time each day. • Get up at the same time. • Get regular exercise. • Get regular exposure to outdoor or bright lights. • Keep the temperature comfortable in your room. • Keep your bedroom quiet when sleeping. • Keep your bedroom dark enough to help sleep. • Use bed only for sleep (or sexual activity). • Use relaxation exercise just before going to sleep. • Keep your feet and hands warm. 	<ul style="list-style-type: none"> • Exercise before going to bed. • Have caffeine late in the evening. • Read or watch TV in bed. • Use alcohol to help you sleep. • Go to bed too hungry or too full. • Take another person sleeping pills. • Take day time naps (if you do ensure they are no more than 20 minutes). • Watch the clock or count minutes. • Lie in bed awake for more than 20-30 minutes. • Change your daytime routine the next day if you didn't sleep well. • Increase caffeine intakes the next day, this can keep you up again the following night.



Keep a routine
sleep-and-wake
schedule



Use the
bedroom only
for sleep and
sex



Clear your mind
with therapy



Exercise



Avoid or limit
alcohol, caffeine,
nicotine and other
mind-altering
substances



Keep your
bedroom dark
and free of
electronics



Wear a
sleep mask



Use a red
night light if
needed



Get daylight
exposure bright
and early



Use relaxation
techniques

Sustainable habits



Sleep at regular times

- Keep regular sleeping hours, this programmes the brain and internal body clock to get used to a set routine. Work out what time you need to wake up, and you can set a regular bedtime.



Make sure you wind down

- Have a warm bath which will help your body reach a temperature that is ideal for rest.
- Writing a to-do list for the next day can help organise your thoughts.
- Relaxation exercises – light yoga stretches. CDs.
- Reading a book.



Make your bedroom sleep-friendly

- Making a relaxing environment.
- Ideally needs to be dark, quiet and tidy.
- Remove all screens emitting blue light.



Keep a sleep diary

- It can help uncover lifestyle habits or daily activities that contribute to your sleeplessness.
- It could also reveal underlying conditions that explain your insomnia, such as stress or medication.

Useful links

Helpful App

