

CAN'T SLEEP AT NIGHT?

Sleep Hygiene **DO's**:



Exercise
(but not 2-3 hrs before bed)



Have a cool
room temperature



Take warm baths
(20-25 mins, 2 hrs before bed)



Cue sleep with a multi-step
relaxing bedtime routine



Have consistent
sleep/wake times



Have complex carbs, calcium,
and protein as bedtime snacks



Nap only in the afternoon
(less than 1 hr)



Limit activities in the bedroom,
especially in bed



Optimize bedroom, mattress,
and pillow

Sleep Hygiene **DON'Ts** (Avoid):



Noise



Bright light at night



Late dinners



Nicotine



Caffeine



Alcohol