Good Sleep Hygiene

Things to Avoid:

• Daytime napping, or long periods of inactivity
• Late night eating
• Alcohol, nicotine and caffeine e.g. tea, coffee, coca cola, chocolate, especially in the evening
• Strenuous exercise or mental activity directly before bedtime
• Extreme noise or temperature

Things to Promote Sleep:

• If possible, take some gentle exercise / activity during the day
• Go to bed at a regular time
• Do something relaxing before trying to sleep (eg. have a bath, listen to soft music or read)
• Try a hot, milky, decaffeinated drink at bedtime
• Make the bed as comfortable as possible
• Ideally, the bedroom should be dark, quiet and well ventilated
• Get up at the same time each morning, regardless of how long you slept.

Improving your “sleep hygiene” can often really help you to get a better night’s sleep and can also reduce or avoid the need to take sleeping tablets. Please ask a member of the clinical team, if you require more information.