

# *Texas Lung Associates*



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## **Sleep Hygiene Recommendations**

- ~ Avoid watching TV, eating or discussing problems in bed.
- ~ Make your bedroom quiet, dark and cool.
- ~ Maintain a regular sleep schedule. Try to go to bed and get up at the same time each day. It helps your body know when it is time to sleep.
- ~ Get enough daylight during the day. That will help your body know when it is time to be awake and when it is time to sleep.
- ~ Avoid fluids after 8pm to decrease trips to the bathroom during the night.
- ~ See your doctor to discuss treatment of frequent night time urination.
- ~ Avoid caffeine in the evening hours.
- ~ Avoid smoking two hours before going to bed. While it may feel relaxing, it is a stimulant.
- ~ Avoid alcohol two hours before going to bed. It makes you feel sleepy, but it may awaken you at night.
- ~ Avoid exercising two hours before going to bed. It can cause you to feel energized and keep you awake.
- ~ Avoid having a heavy meal right before bed, but a light snack or glass of milk can be relaxing.
- ~ Avoid napping if you can. If you do nap, try to limit the time to a half hour or less; avoid napping after 3pm.
- ~ Wind down for one to two hours before going to bed. Avoid arguing, talking on the phone, watching exciting TV shows or reading exciting books.