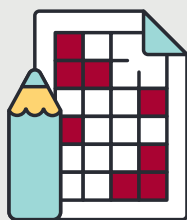


Healthy Sleep Hygiene Recommendations

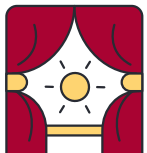


Establish a set sleep routine which allows for adequate sleep, goal 7-9 hours.



Optimize sleep environment to be cool, dark, and quiet. Light and sound can affect quality of deep sleep.*

**If some noise is comforting, opt for calming sounds with consistent tone such as rain, ocean waves.*



Daytime

- Exposure to bright light upon awakening can be beneficial. Preferably outside with the sun on your face 5-10 minutes even on cloudy days
- Start morning with a glass of water
- Avoid daytime naps
- Delay caffeine intake in the morning approximately 90 minutes after awakening to avoid afternoon crash
- Going for a walk after meals can help prevent "post prandial" fatigue



Evening

- Avoid caffeine at least six hours before desired bedtime
- Avoid alcohol and tobacco around bedtime
- Avoid TV and electronic use in bed
- Decrease stimulation before desired bedtime. Dim lights, transition away from overhead lights
- Turn off TV and other electronic devices at least 30 minutes (one hour is better) before bed



During the Night

- When unable to fall asleep or return to sleep, get out of bed and complete a low stimulation task (avoid electronics, chores, and food which may reward you for being awake). When sleepy get back into bed*
- Avoid looking at the clock upon awakening at night

**The goal is to create a positive association with your bed and sleep.*