

SLEEP HYGIENE CHECKLIST

The following things have helped thousands of patients with insomnia sleep better. Please follow each of these as closely as possible. DO NOT FORGET your sleep log.

- 1) Select a bedtime and a wake-up time which allows a minimum of 7-8 hours of total sleep time.
Your bedtime: _____ Your out of bedtime: _____
- 2) If sleep does not occur within 15 minutes, get up, leave the room, sit in an armchair and read a non-stimulating book.
- 3) No food or drink is allowed after dinner or during the night.
- 4) No television or radio allowed.
- 5) Go back to bed when you feel sleepy, and try to fall asleep again; if sleep does not occur in 15 minutes, repeat the cycle.
- 6) Bedroom must be quiet, comfortable and dark.
- 7) Get up every morning at the set time, regardless of total time slept.
- 8) Eat lunch and dinner at the same time each day, with last food intake at least 3 hours before bedtime.
- 9) No alcoholic beverages after 5 p.m.
- 10) Caffeinated beverages only at breakfast.
- 11) No herbal teas or over the counter or prescription sleeping medications unless discussed.
- 12) Eye shades and ear plugs are permitted.
- 13) No daytime naps.
- 14) Keep the same schedule on weekends as during the week.
- 15) Walk for approximately 45 minutes on even grade at a brisk pace in the a.m. with sun exposure if possible; late afternoon or early evening (5:00-5:30 p.m. with supper at 6:30 p.m.) is an alternative (if not too hot); consult with your physician for any vigorous exercise.
- 16) If a.m. sunlight not available; sit for 45 minutes, at a distance of 30 inches from a light box emitting 3000 lux (rental available on request).