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).