

What You Can Do to Sleep Better

Make new habits for sleeping rather than simply breaking old ones. You may want to start by keeping a sleep diary. It will help you understand your habits.

Follow some simple sleep guidelines. This may help overcome a sleep problem.

Keep regular hours.

- Establish a regular wake up time each day, including weekends.
- Do not take naps. If you must nap, keep it short. Nap for 15 to 30 minutes early in the afternoon.

Do not go to bed too full or too hungry.

- If you eat a heavy meal before bedtime, your stomach has several hours of work to do. If you must eat late, eat light.
- It also can be difficult to sleep if your stomach is empty. If you are dieting, have a low calorie snack before bed.

Exercise regularly, but not right before bedtime.

- Heavy exercise in the late evening increases your respirations (breathing) and heart rate. This interferes with relaxation.
- Schedule work outs for earlier in the day. A very leisurely walk before bed is okay. Gentle exercises like stretching or yoga to help you relax at night.

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Develop a bedtime routine.

- Set up a routine so your body knows it is time to go to sleep. For example, watch a TV show then read for 10 minutes. Brush your teeth and go to bed.

Keep you bed as a place to sleep or have sex.

- Do not eat, write, watch TV or talk on the phone in bed.
- Keep the bedroom dark, quiet and a little cool to help you sleep.
- Do not go to bed unless you are sleepy. If you do not fall asleep after 15-20 minutes, get up and go to another room and do something to relax. When you feel sleepy, go back to bed.

Slow yourself down toward the end of the day.

- Do not engage in work or household chores right before bedtime. Put your duties aside at least an hour before bedtime and perform soothing, quiet activities that will help you relax. Try a warm bath.

Cut down on cigarettes and caffeine.

- Stimulants may jangle your nerves for hours into the night. Avoid sugary, high carbohydrate foods at bedtime.

Do not drink alcohol after dinner.

- Drinking in the late evening may help you go to sleep. However, as the alcohol wears off, you may become restless and wake up early.

If you struggle hard to sleep and worry about not sleeping, it can keep you awake. Even if you do have a sleepless night, it may affect you less than a night of drugged sleep. If you avoid naps, you will soon get tired at your regular bedtime.

✦ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**