

Measures for Good Sleep Hygiene

- Maintain a consistent sleep schedule.
 - Go to bed and wake up at the same time each day.
- Do not go to bed unless sleepy.
- Relax before bed.
- Keep the bedroom quiet and cool.
- Reduce time spent in bed to match actual sleep time.
- Do not stay in bed for long periods of time if awake.
 - If a person is still awake after 20 minutes, he or she should get up and engage in a relaxing activity until feeling sleepy.
- Exercise regularly, but not close to bedtime.
 - Try to exercise ≥ 30 minutes daily but not later than 5 or 6 hours before bedtime.
- Avoid the following:
 - Noise and extreme temperatures close to bedtime.
 - Caffeine, nicotine, and alcohol close to bedtime.
 - Napping during the day.
 - Large meals and beverages late at night.
- Have the right exposure to sunlight.
 - Daylight is key to regulating daily sleep patterns.
 - Try to get outside in natural light for ≥ 30 minutes daily.