



Walker Therapy Services

THE DO'S AND DON'T'S OF SLEEP HYGIENE!

DO:

- 1) Do go to sleep at the same time each night and get up from bed in the morning at the same time.
- 2) Get regular exercise but not right before you go to sleep.
- 3) Keep the temperature in your room comfortable.
- 4) Use your bed primarily for sleeping.
- 5) You also can use relaxation exercises before you go to sleep, these are very helpful.

DON'T:

- 1) You don't want to look at a bright light just before you go to sleep.
- 2) Don't lay in bed and use your phone or read.
- 3) You don't want to exercise right before bed.
- 4) You don't want to go to bed hungry.
- 5) You don't want to have caffeine right before you go to sleep.
- 6) Don't use things like alcohol to help you go to sleep it interrupts your circadian rhythm.
- 7) Don't want to take daytime naps.
- 8) Don't want to force yourself or lie there staring at the clock.