

# GOOD SLEEP HABITS

(Adapted from Perlis, M.L., Jungquist, C., Smith, M.T., & Posner, D. (2008). *Cognitive Behavioral Treatments of Insomnia*. Springer: New York. pp18.)

- 1. Sleep only as much as you need to feel refreshed during the following day.**  
Restricting your time in bed helps consolidate and deepen your sleep. Excessively long times in bed lead to fragmented and shallow sleep. Get up at your regular time the next day, no matter how little you slept.
- 2. The only thing you should be doing in your bed is sleeping.**  
People who only sleep in their bed have an easier time falling asleep than people who do many activities in their bed (e.g., homework, games, watching TV). This is because their bodies associate their bed *with* sleeping. Eliminate all other activities you do in your bed, including remaining awake and restless (see #3).
- 3. Do not try to fall sleep.**  
This only makes the problem worse. Instead, turn on the light, leave the bedroom and do something different (but boring) like reading a book. Don't engage in stimulating activities. Return to bed only when you are sleepy. By making this change, you will be teaching your body to pair being in your bed *with* being asleep.
- 4. Get up at the same time each day, 7 days a week.**  
A regular wake time in the morning leads to regular times of sleep onset and help to set your "biological clock". Establish a consistent bedtime routine (e.g., brushing teeth, bath/shower, preparing for next day, reading a book or engaging in quiet activity) and a consistent bedtime (i.e., lights out).
- 5. Make sure your bedroom is comfortable and free from light and noise.**
  - A comfortable, noise-free sleep environment will reduce the likelihood that you will wake up during the night.
  - Noise that does not awaken you may also disturb the quality of your sleep. Carpeting, insulated curtains and closing the door may help.
  - Avoid TV, tablets, phone, or any other screen time (or any other type of blue light) for an hour prior to bed. Consider removing television/gaming system from bedroom if one is present).
- 6. Make sure your bedroom is a comfortable temperature during the night.**  
Excessively warm or excessively cold sleep environments may disturb sleep.
- 7. Eat regular meals and do not go to bed hungry.**  
Hunger may disturb sleep. A light snack at bedtime (especially carbohydrates) may help sleep, but avoid greasy or "heavy" foods.
- 8. Avoid excessive liquids in the evening.**  
Reducing liquid intake will minimize the need for nighttime trips to the bathroom.
- 9. Cut down on all caffeine products (and other substances if applicable).**  
Caffeinated beverages and foods (coffee, tea, soda, chocolate) can cause difficulty falling asleep, awakening during the night, and shallow sleep. Even caffeine early in the day can disrupt nighttime sleep.  
For teens who may smoke or vape, nicotine also interferes with sleep and should be eliminated.
- 10. Don't take your problems to bed.**  
Plan some time earlier in the evening for working on your problems or planning the next day's activities. Worrying may interfere with initialing sleep and produce shallow sleep.
- 11. Put the clock under the bed or turn it so you can't see it.**  
Clock watching may lead to frustration, anger, and worry which interfere with sleep.
- 12. Avoid naps.**  
The longer you are awake during the day, the more "sleep pressure" your body accumulates. The more sleep pressure you have, the more ready your body is to fall asleep when you get into bed.