**Good sleep hygiene behaviors:**

• Maintain stable bed times and

rising times

• Spend no more than 8 hours in bed

• Experience regular daytime light

exposure

• Maintain a quiet, comfortable, dark bedroom and  do not turn on the television or computer

• Maintain adequate nutrition

• Avoid sleep-fragmenting

substances, such as caffeine,

nicotine, alcohol and stimulant medications (including some cold and allergy medicines)

• Avoid clock-watching

• Maintain regular exercise

• Avoid heavy exercise/ eating big meals within 2 hours of bedtime

• Avoid bright light before bedtime

• Maintain a 30-minute relaxation

period before bedtime (reading,

listening to music, or taking a bath)

• Avoid using alcohol to initiate sleep

**Sleeping pills may only help for a short time, have side effects, and can be unsafe in**

**some people. Sleeping pills should not be used for longer than a few days. Using them**

**regularly can make insomnia worse.**