**Healthy Sleep Hygiene**

**BEFORE BEDTIME**
- Avoid caffeine, nicotine and alcohol before bedtime
- Avoid heavy meals within two hours of bedtime
- Avoid energetic exercise within three hours of bedtime

**GETTING READY TO SLEEP**
- Develop a bedtime ritual so that your body knows you are getting ready to go to sleep
- Reduce extreme light, temperature, and noise in your bedroom
- Include an hour of quiet time before bed such as reading, watching TV or listening to music

**SLEEP TIME**
- Keep your sleep regular – same bedtime, same rise time. Aim for 8 hours of sleep each night.
- Bedrooms are ONLY for sleep and sex. How many screens do you have in your bedroom?
- If you can’t sleep after 20 minutes, get up and do something boring until you feel tired, then try again.

Remember everyone has nights where they can’t sleep. The more you worry, the worse this worry can become.

If you are concerned about your sleep contact your family doctor.

Sleep Disordered Breathing Unit
Respiratory Services