

## STRATEGIES TO PROMOTE SLEEP

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- Avoid Caffeine - (coffee, soda, tea, energy drinks, chocolate), especially 6 hours prior to bedtime
- Avoid Nicotine - Although smoking may feel relaxing, nicotine is a stimulant
- Avoid Alcohol - Although it may initially make you feel sleepy, it interferes with normal sleep patterns, is disruptive to restful sleep and worsens breathing problems at night
- Exercise Daily -Some people find exercising before bed wakes them up, other s find it helps them
- Follow a daily routine, which includes a consistent time to wake up and go to sleep
- Lower the temperature of the bedroom slightly. Decreased body temperature promotes sleep. Taking a warm shower before bed will also promote a decrease in body temperature, as your body cools down
- Keep the bedroom quiet and dark. Dim lights in the house several hours prior to going to bed, to help your body start to prepare
- Avoid using phones or other electronics in bed
- Avoid doing work or stressful tasks (i.e. paying bills) right before bed and in the bedroom
- Do something relaxing before bed, such as taking a bath or reading a book (unless your book is so good, you will try to keep yourself up to keep reading)
- Listen to relaxing music and/or a meditation tape before bed
- Use heat or ice before bed to make yourself more comfortable
- If you are unable to sleep do not stay in bed and continue to worry about not sleeping, listen to a meditation tape, do heat or ice, get up and do a relaxing activity and try again
- Use proper positioning in bed. Make sure your neck is supported. Use a pillow between your legs inside laying and under your legs when lying on your back
- Avoid negative thoughts, "I will never get to sleep" "I'm going to be exhausted". Focus on something positive, e.g. imagine your favorite vacation

### IF YOU WAKE UP IN THE MIDDLE OF THE NIGHT

- Practice diaphragmatic breathing
- Avoid looking at the clock
- Listen to a meditation tape
- If unable to sleep do not stay in bed and worry about it, get up and do something relaxing
- Read some boring material that will fatigue your eyes