



STAR

Family Health Team

Suggestions for Better Sleep

Go to bed only when sleepy, but not before the same time each night (i.e., set and keep a regular bedtime, but if you are not sleepy come bedtime, stay awake until you feel sleepy)

Get out of bed if unable to sleep after (approximately) 15-30 minutes

Get out of bed at a consistent time each morning (regardless of how you slept)

Use the bed and bedroom only for sleep and sexual activity (i.e., do not read/watch TV in bed)

Refrain from daytime naps: If you must nap, keep it a short (30-60 min. max.) nap early in the day (before 3:00pm)

Increase your sleep drive (this will help increase the likelihood of falling asleep more quickly at the beginning of the night)

- Get lots of fresh air
- Eat healthy
- Stay awake until bedtime
- Exercise/stay active

Use **relaxation strategies** when you cannot sleep

- Progressive Muscle Relaxation
- Breathing Meditations
- Guided Imagery

Caffeine, alcohol, nicotine, marijuana, and other stimulating substances

- Eliminate. If eliminating is not possible,
- Reduce. If reducing is not possible,
- Change up & be careful of timing (i.e., not too late in the day)