



Sleep Hygiene

1. Maintain a regular sleep routine

Go to bed at the same time. Wake up at the same time. Ideally, your schedule will remain the same (+/- 20 minutes) every night of the week.

2. Avoid naps if possible

Naps decrease the 'Sleep Debt' that is so necessary for easy sleep onset. Each of us needs a certain amount of sleep per 24-hour period. We need that amount, and we don't need more than that. When we take naps, it decreases the amount of sleep that we need the next night – which may cause sleep fragmentation and difficult in initiating sleep.

3. Relax in your Bed

If you find your mind racing, or worrying about not being able to sleep during the middle of the night, get out of bed, and sit in a chair in the dark. Do your mind racing in the chair until you are sleepy, and then return to bed. No TV or internet during these periods! That will just stimulate you more than desired. If this happens several times during the night, that is OK. Find something else to do that will make you feel relaxed. If you can, do this in another room. Your bedroom should be where you go to sleep. It is not a place to go when you are bored.

4. Bed is for sleeping

Try not to use your bed for anything other than sleeping and sex, so that your body comes to associate bed with sleep. If you use bed as a place to watch TV, eat, read, work on your laptop, pay bills, and other things, your body will not learn this connection.

5. Create a comfortable sleeping environment

It is very important that your bed and bedroom are quite and comfortable for sleeping. A cooler room with enough blankets to stay warm is best, and make sure you have curtains or an eyemask to block out early morning light and earplugs if there is noise outside your room. Keep your feet and hands warm. Wear warm socks to bed or try foot soaks

6. Avoid caffeine and nicotine

It is best to avoid consuming any caffeine (in coffee, tea, cola drinks, chocolate, and some medications) or nicotine (cigarettes) for at least 4-6 hours before going to bed. The effects of caffeine may last for several hours after ingestion. Caffeine can fragment sleep, and cause difficulty initiating sleep. These substances act as stimulants and interfere with the ability to fall asleep.

7. Avoid alcohol

It is also best to avoid alcohol for at least 4-6 hours before going to bed. Many people believe that alcohol is relaxing and helps them to get to sleep at first, but it actually interrupts the quality of sleep.

8. Exercise regularly

Regular exercise is a good idea to help with good sleep, but try not to do strenuous exercise in the 4 hours before bedtime. Exercise promotes continuous sleep. Morning walks are a great way to start the day feeling refreshed.

Supporting Website:

Sleep is an important component in human life, and we suppose to spend 1/3 of our time in bed. Sleep restores physical stamina and energy in humans. Good quality sleep is essential for health maintenance as well as quality of life. Therefore, there is growing body of research on sleep related problem and ways to improve the sleep quality. Followings are some supported Website for those who are interested in exploring more related information.

<http://www.alaskasleep.com>

<https://sleepfoundation.org/>

<http://www.sleepresearchsociety.org/>

<http://sleep.stanford.edu/normal-sleep/>

<http://www.mayoclinic.org/healthy-lifestyle/adult-health/basics/sleep>

<http://sleep.nm.org/>

<http://www.sleepeducation.org/>

<https://www.semel.ucla.edu/sleepresearch>

App

One of the advantages for living in modern society is Hi-Tech inventions. There is a lot of “Apps” that were created to promote individual’s sleep quality. Followings are some of the popular “Apps” that were highly recommended. E.g., Sleep Cycle alarm clock, Sleep Time +: Sleep Cycle Smart Alarm Clock, Sleep Hygiene: Monitor Your Sleep, Insomnia Guide, Best Sleep Hygiene, Sleep Better, Power Sleep & Nap, Sleep Gadget, SleepLog, etc.



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