

# Guidelines for Better Sleep Hygiene

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# Circadian Rhythm



Circadian Rhythm- your internal alertness clock  
(wake up time/light)

- Try to wake up same time every day, regardless of bedtime
- Get adequate exposure to sunlight (vitamin D)
- Resist long daytime naps (60mins or less)

Wake  
UP





# Diet and Exercise



- Eat a balanced diet at regular intervals for meals (3-4hrs)
- Exercise daily (30mins/day), but not before (2-3hrs) bedtime
- Avoid heavy or spicy meals, especially before bed
- Avoid alcohol (depressant: affects REM sleep/> apnea +snoring ), caffeine, and nicotine (stimulants)





# Bedtime Routine



- Spend time right before bed engaging in soothing activities ( ex. meditation, yoga, tranquil music, etc. )
- Do not read or watch TV in bed (dull books/sleep timer)
- Wear comfortable , loose fitting clothes to bed
- Use the bed only for sleeping and sex
- Control night time environment with comfortable temperature, noise, and light levels







**Sleep is the best meditation.**

*Dalai Lama*



**Sleep Better**



# Sleep Resources

American Academy of Sleep Medicine: <https://aasm.org/>

American Sleep Apnea Association:

<https://www.sleephealth.org/sleep-health/sleep-and-comorbid-conditions/sleep-and-mental-health/>

<https://www.sleepapnea.org/>

<https://www.sleeptember.org/>

Active Meditation: <https://try.activemeditation.org/binaural-beats>

The top 5 free mindfulness apps:

<https://www.puregym.com/blog/top-free-mindfulness-apps/>

# References

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Berry, R. B. (2003). *Sleep Medicine Pearls*. Gainesville, FL: Mosby.

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