



## Sleep Hygiene Tips

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- **Avoid sleeping on your back**—Dr. Parker’s Snore Relief Cushion, Rem-A-Tee
- **Elevate the head of your bed**—at least a 6° elevation: GI Blocks, Bed Wedge
- **Use the bed only for sleep and sex**
- **Avoid sleep disturbing substances like alcohol, nicotine, & caffeine**
- **Lower or eliminate light**—darken the entire room or use a mask
- **Increase white noise**—turn on a fan or white noise audio track
- **Do not allow pets to sleep in your bed**
- **Turn on as little light as you reasonably can when you get up in the middle of the night**
- **Avoid large amount of liquid before bed**
- **Avoid large or spicy meals within 3 hours before bedtime**
- **Go from a hot shower into a cold bed (65-67°F)**
- **Practice relaxation techniques before bedtime**—Progressive Relaxation, Toe tensing, Deep Breathing, Guided Imagery, Quiet Ears
- **Avoid stimulating activities 3 hours before bedtime**—heavy exercise, tense or thrilling reading or television, arguments
- **Maintain a regular schedule for bedtime and wakening**
- **Avoid naps**
- **Do not watch the clock while you’re in bed**
- **Do not struggle to fall asleep**—if you cannot peacefully go to sleep, get up and spend quiet time out of bed until sleep comes