Getting a good night's sleep ...

1. **Reduce light, noise and extremes of temperature in the bedroom**

2. **Avoid caffeine, nicotine and alcohol before bedtime**

3. **Avoid a heavy meal within 2 hours of bedtime**

4. **Relax for 1 hour before bedtime**

5. **Only use bed for sleeping**

6. **Do not go to bed too early**

7. **Do not stay in bed if you are awake**

8. **Get up at the same time in the morning**

9. **Do not nap during the day**

10. **Do not worry if you cannot get to sleep**

In more detail ….

- Caffeine should be avoided 6 hours before bedtime (this includes coffee, tea and many sodas, as well as chocolate); nicotine is a stimulant; alcohol should be avoided within 2 hours of bedtime (it fragments sleep)
- Do not use bed for recreation, watching television, using the tablet. Where possible avoid backlit screens.
- In order to achieve relaxation at bedtime, allow about 1 hour of quiet activity prior to bedtime (reading, watching television, listening to music. Developing a bedtime ritual such as reading or listening to music, cleaning your teeth etc. so your body knows you are getting ready to go to sleep
- You should not go to bed unless you feel sleepy – if you try to go to sleep too early, before feeling sleepy, you will have difficulty getting to sleep. This may make you feel irritated and frustrated about not falling asleep and anxious how you will cope the next day
- If you are feeling tired and sleepy but do not fall asleep within 15 to 20 minutes (estimated time only – DO NOT use clock), get out of bed, go to another room and do something mundane until you feel sleepy again. Repeat this procedure until you fall asleep quickly
- Do not worry if you cannot go to sleep at night because worry and anxiety will delay sleep even more. The harder you try the worse it will be. If you get very little sleep one night you will still function the next day, although you may be a little more irritable and tired than usual

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