

SLEEP AND INSOMNIA

CREATE A REGULAR RELAXING BEDTIME ROUTINE:

Update your to-do list if needed and then put it out of your mind.

Choose relaxing, non-stimulating activities:

- Read for enjoyment
- Take a warm shower or bath
- Gentle yoga or stretching
- Listen to a guided meditation or relaxing music
- Spend time with pets
- Exchange shoulder massages with a roommate

CREATE A COMFORTABLE SLEEP ENVIRONMENT:

Reduce the amount of light coming from windows and electronics and/or wear an eye mask

- Keep room temperature slightly cool if possible
- Wear earplugs and/or use “white noise” if needed

ONCE YOU'RE IN BED:

Let go of all thoughts. Remind yourself, “Nothing To Do, Nowhere To Go, No One To Be”

- Try breathing exercises, progressive muscle relaxation, or guided meditation
- If you can't fall asleep after 30 minutes, get up and do a relaxing activity for a bit until you start to feel sleepy

SLEEP TIPS:

- Maintain regular sleep and wake times as much as possible to set your internal clock
- Use your bedroom only for sleep and sex. If you must do other activities in your room, try to at least keep them out of your bed
- Don't go to bed hungry or full
- Get a regular exercise, but not too close to bedtime
- Avoid caffeine 4-5 hours before bedtime. For some people, consuming any amount of caffeine at any time of day affects sleep negatively
- Avoid nicotine and alcohol close to bedtime (alcohol may help you get to sleep, but reduces overall quality of sleep)
- If you nap during the day, keep naps to 20-30 minutes
- Increase your exposure to sunlight, especially in the morning
- Avoid exposure to blue light from screens (TV, phone, tablet, computer) before bed
- Staring at your clock will increase anxiety. Turn it away from you, or hide it in a drawer

“How much sleep do I need?”
It depends! Anywhere from 5-9 hours. If you feel rested and refreshed shortly after waking, you'll know you're getting enough sleep!

“I've tried all of these tips and I still can't sleep”
Consider keeping a “sleep diary” to look for patterns and possible explanations.

