

TALLAHASSEE PULMONARY CLINIC

IMPROVING YOUR SLEEP

- 1 Sleep only as much as needed to feel refreshed during the following day. Restricting time in bed solidifies sleep, and excessively long times in bed lead to fragmented and shallow sleep.
- 2 Get up at the same time each day, every day of the week. Regular wake up times lead to regular sleep onset times.
- 3 Avoid naps. Afternoon naps will more likely make it difficult to fall asleep in bed at night. It is natural to feel drowsy between 2 p.m. and 4 p.m., but it is better to boost your energy with a short or brisk walk.
- 4 A steady daily amount of exercise deepens sleep.
- 5 Keep your room temperature moderate. Excessively warm or cold temperatures can disturb sleep.
- 6 Both hunger and excessive fullness can disturb sleep. A light snack at bedtime may help sleep.
- 7 Insulate your room against sound and light.
- 8 Avoid excessive liquids in the evening in order to minimize night time trips to the bathroom. Avoid caffeinated drinks after 3 p.m. In the afternoon.
- 9 The chronic use of tobacco disturbs sleep.
- 10 Avoid alcohol, especially in the evening. Although alcohol helps people fall asleep more easily, their sleep is fragmented by alcohol and generally the last 50% of sleep is destroyed.
- 11 If you are frustrated because you cannot sleep, do not try harder and harder to fall asleep. Get out of bed, go to another room and do something different that is generally boring. Avoid physical activities or anything that involves intensive thinking. Do not read in bed.
- 12 If you find yourself looking at the clock at night, turn it so that you cannot see it or cover it up.
- 13 Go to National Sleep Foundation website for more info: www.sleepfoundation.org