

10 COMMANDMENTS OF SLEEP HYGIENE FOR ADULTS

1. Fix a bedtime and an awakening time.
2. If you are in the habit of taking naps, do not exceed 45 minutes of daytime sleep.
3. Avoid excessive alcohol ingestion 4 hours before bedtime and do not smoke.
4. Avoid caffeine 6 hours before bedtime. This includes coffee, tea and many sodas, as well as chocolate.
5. Avoid heavy, spicy, or sugary foods 4 hours before bedtime. A light snack before bed is acceptable.
6. Exercise regularly, but not right before bed.
7. Use comfortable bedding.
8. Find a comfortable temperature setting for sleeping and keep the room well ventilated.
9. Block out all distracting noise and eliminate as much light as possible.
10. Reserve the bed for sleep. Don't use the bed as an office, workroom or recreation room.

March 18, 2022; watch recording at:

<https://www.upstate.edu/health/wellness/monthly-events.php> Tab and click under "March 2022 recorded events" please. Enjoy!

Our speakers were: Dr. Antonio Culebras and Dr. Dragos Manta
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Websites mentioned in the presentation were:

<https://worldsleepsociety.org/>

<https://worldsleepday.org/>

<https://narcolepsynetwork.org>