

# 10 COMMANDMENTS OF SLEEP HYGIENE

1. Set a consistent bed time and an awakening time.
2. If you are in the habit of taking naps, try not to exceed 45 minutes of daytime sleep.
3. Avoid excessive alcohol ingestion four hours before bedtime and do not smoke.
4. Avoid caffeine six hours before bedtime. This includes coffee, tea and sodas, as well as chocolate.
5. Avoid heavy, spicy or sugary foods four 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 bedroom as an office, workroom or recreation room.



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