



# Premier Care for Women

*Health Care for Women by Women*

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## **HEALTHY SLEEP HABITS**

### **GUIDELINES FOR STIMULUS CONTROL**

- Go to sleep only with the intention to go to sleep, and only when sleepy.
- Do not use the bed for anything except sleep and sexual activity.
- Do not spend longer than 10 minutes lying in bed trying to sleep. If you are unable to fall asleep, get up and go to another room. Stay up as long as needed and return to bed only when you are able to fall asleep. Repeat this as often as necessary.
- Set the alarm and get up the same time every morning regardless of how you slept.
- No napping during the day.

### **GUIDELINES FOR SLEEP HYGIENE**

- Decrease excessive time in bed.
- Increase exercise and aerobic fitness.
- Eliminate clocks in the bedroom.
- Use distracting activities.
- Decrease or eliminate caffeine use.
- Avoid alcohol.
- Avoid nicotine before bedtime.
- Go to bed and rise at the same time daily (even on weekends).
- Do not go to bed hungry; try a light snack.
- Schedule reasonable daytime work hours.
- Avoid daytime boredom.
- Winding down at night includes light stretching of all muscle groups, especially of neck and back.
- End the day with 5 – 10 minutes of medication.