

APPENDIX 3.2: SLEEP HYGIENE INSTRUCTIONS

Sleep hygiene identifies everyday behaviors that may help or hurt sleep. Following the instructions below increases the likelihood that you will sleep well. Failing to follow any of these instructions may lead to sleep disruption.

1. Avoid caffeine after noon: Caffeine is a stimulant that can lead to increased arousal and difficulty falling and staying asleep. Some people are very sensitive to the effects of caffeine, and use of caffeine after noon may disrupt sleep.
2. Avoid exercise within 2 hours of bedtime: Exercising too close to bedtime may put your body in an aroused state when you need to be relaxing. However, participation in regular exercise that occurs earlier in the day is healthy and may even improve sleep.
3. Avoid nicotine within 2 hours of bedtime: Nicotine, like caffeine, is a stimulant that can make falling and staying asleep difficult.
4. Avoid alcohol within 2 hours of bedtime: Although you may initially feel sleepy after drinking alcohol, alcohol use near bedtime usually leads to more awake time during the night.
5. Avoid heavy meals within 2 hours of bedtime: Heavy meals close to bedtime put a strain on your digestive system while you are trying to sleep. Heavy meals may produce physical discomfort or metabolic changes that interfere with sleep.
6. Avoid napping: Napping during the day may disrupt sleep or make it harder to fall asleep at night. If you must nap, keep it short (less than half an hour) and do it early in the day (before 3 p.m.).