

## **Insomnia - Sleep Hygiene**

Go to bed and arise from bed at the same time each day

Avoid daytime naps or limit them to one mid-afternoon nap

Avoid evening alcohol use

Avoid caffeinated drinks late in the day

Reduce or eliminate tobacco use, especially at night or in the evening

Exercise in moderation; avoid evening exercise

Use the bed only for sleep and sexual activity

Keep the bedroom dark, quiet, and cool

Avoid stress and worrisome thoughts in the evening before sleep