A Good Night's Sleep

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Author: Kansas State University
Topic: General

A GOOD NIGHT'S SLEEP

DO
- KEEP A REGULAR SCHEDULE
- GO TO BED AT THE SAME TIME EACH NIGHT
- GET UP AT THE SAME TIME EACH MORNING
- EXERCISE REGULARLY, BUT NOT BEFORE BEDTIME
- NAP FOR UP TO 30 MINUTES ONLY, DURING THE DAY
- HAVE A LIGHT SNACK BEFORE BED (WARM MILK REALLY HELPS!)
- BE COMFORTABLE...A TIDY BED, CLEAN SHEETS, A QUIET SPACE
- SLEEP IN A DARKENED AND WELL-VENTILATED ROOM
- KEEP PAPER & PENCIL NEXT TO THE BED TO RECORD REMINDERS OR WORRIES (THEN YOU DON'T HAVE TO KEEP THINKING ABOUT IT)
- HAVE A RELAXING BEDTIME ROUTINE

DON'T
- DRINK ALCOHOL BEFORE BED (YOU'LL GO TO SLEEP QUICKLY BUT YOU'LL WAKE UP SOON AND NOT FEEL RESTED)
- TAKE OVER THE COUNTER SLEEPING PILLS
- HAVE UPSETTING CONVERSATIONS BEFORE BED
- STAY IN BED IF YOU DON'T GET TO SLEEP WITHIN ½ HOUR
- GET UP AND DO SOMETHING QUIET FOR A WHILE
- YOU CAN'T FORCE SLEEP SO DON'T WORRY ABOUT IT
- KEEP LOOKING AT THE CLOCK: move it if you must!
- DRINK CAFFEINE IN THE EVENING
- SMOKE JUST BEFORE BEDTIME
- FORGET TO GET HELP IF YOU NEED IT