

# CHILDREN'S HEALTH CLINIC

## Practices conducive to good sleep

- 1) Try to sleep only when you are drowsy. There is no point in going to bed if you are wide awake and your mind is very active.
- 2) If you are unable to fall asleep or stay asleep, leave your bedroom and engage in a quiet activity elsewhere. Do not permit yourself to fall asleep outside the bedroom. Return to bed when - and only when - you are sleepy. Repeat this process of often as necessary throughout the night
- 3) Cover bedside clock. Do not check the time after you have gone to bed.
- 4) Maintain a regular arise time (7.30am), even on days off work and on weekends. Do not sleep in late on weekends.
- 5) Use your bed only for sleep. No TV, computer or videogames in bed.
- 6) Do not watch exciting/suspenseful TV before bed. Try to do something quiet and relaxing for about one hour before you go to bed.
- 7) Avoid napping during the daytime. If daytime sleepiness becomes overwhelming, limit nap time to a single nap of less than one hour, no later than 3 pm.
- 8) Distract your mind. Lying in bed unable to sleep and frustrated needs to be avoided. Try reading or watching a videotape or listening to books on tape until you feel drowsy. Do this in another room.
- 9) Avoid caffeine after lunch time.
- 10) While a light snack before bedtime can help promote sound sleep, avoid large meals.
- 11) Get regular exercise.
- 12) Minimize light, noise, and extremes in temperature in the bedroom
- 13) Try Audiobooks