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Good sleep hygiene

During the day

Exercise regularly. Even a 20-minute walk during the day can help you relax. Don't exercise in the evening.

Limit naps if you can. If you must nap, limit your nap to 30 minutes.

Before bedtime

Avoid alcohol, caffeine, chocolate, and nicotine in the late afternoon and evening.

Limit liquids in the evening before going to bed.

Turn off the TV one hour before bedtime. Listen to quiet music or take a warm bath.

If you worry or "can't turn your brain off" when you try to sleep, make a list of things you need to do before you go to bed and then stop thinking about them.

At bedtime

Go to bed and get up at the same time every day, even on weekends.

A bedtime snack of warm milk, turkey, or a banana may make you sleepy.

Use your bedroom only for sleep and sex, no reading, watching TV, or working.

If you are a "clock watcher," turn your clock so that you cannot see its face.

To fall asleep, lie in the position that you normally find yourself in when you wake up.

Go to bed at the same time with your spouse.

If you can't fall asleep

If you haven't fallen asleep in 15 minutes, go to another room. Listen to quiet music. Avoid things that stimulate your mind (TV, exciting books). Reading self-help books may help you feel drowsy. Go back to bed when you feel sleepy. If you still can't fall asleep, get up again and repeat as necessary.

If you wake up during the night

If you can't get back to sleep, follow the procedure above (if you can't fall asleep).

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