

Sleeping Well

What is Sleep Hygiene?

'Sleep hygiene' is the term used to describe good sleep habits. Considerable research has gone into developing a set of guidelines and tips which are designed to enhance good sleeping, and there is much evidence to suggest that these strategies can alleviate sleep difficulties.

There are many medications which are used to treat insomnia, but these tend to be only effective in the short-term. Ongoing use of sleeping pills may lead to dependence. We recommend good sleep hygiene as an important part of treating insomnia.

Sleep Hygiene Tips

1. **Get regular.** Our natural diurnal rhythm tends to become less robust with age, so it benefits from cues. One of the best ways to train your body to sleep well is to go to bed and get up at more or less the same time every day, even on weekends and days off!
2. **Sleep when sleepy.** Only try to sleep when you actually feel tired or sleepy, rather than spending too much time awake in bed.
3. **Get up and try again.** If you haven't been able to get to sleep after about 20 minutes or more, get up and do something calming or boring until you feel sleepy, then return to bed and try again. Sit quietly on the couch with the lights off (bright light will tell your brain that it is time to wake up), or read something boring. Avoid doing anything that is too stimulating or interesting, as this will wake you up even more. Don't use your smart phone because it emits blue light, which tells your brain it's daytime.
4. **Avoid caffeine and nicotine.** It is best to avoid consuming any caffeine (in coffee, tea, cola drinks, chocolate, and some medications) or nicotine (cigarettes) for at least 4-6 hours before going to bed. These substances act as stimulants and interfere with the ability to fall asleep.
5. **Beware alcohol.** If you drink, keep it in moderation. It is also best to avoid alcohol for at least 4-6 hours before going to bed. Many people believe that alcohol is relaxing and helps them to get to sleep at first, but it actually disrupts the architecture of sleep.
6. **Bed is for sleeping.** Try not to use your bed for anything other than sleeping and sex, so that your body comes to associate bed with sleep. If you use bed as a place to watch TV, eat, read, work on your laptop, pay bills, and other things, your body will not learn this.
7. **Naps.** Some people, for example, those with Parkinson's disease or dementia might need a nap, but for most people, it is best to avoid taking naps during the day, to make sure that you are tired at bedtime. If you can't make it through the day without a nap, make sure it is for less than an hour and before 3pm.

8. **Sleep rituals.** You can develop your own rituals of things to remind your body that it is time to sleep. Some people find it useful to do relaxing stretches or breathing exercises for 15 minutes before bed each night, or sit calmly with a small cup of caffeine-free tea. Not a large volume or you might be needing to get up to pass urine.

9. **Bathtime.** Having a hot bath 1-2 hours before bedtime can be useful, as it will raise your body temperature, causing you to feel sleepy as your body temperature drops again. Research shows that sleepiness is associated with a drop in body temperature.

10. **No clock-watching.** Many people who struggle with sleep tend to watch the clock too much. Frequently checking the clock, or even worse the phone, during the night can wake you up (especially if you turn on the light to read the time) and reinforces negative thoughts such as “Oh no, look how late it is, I’ll never get to sleep” or “it’s so early, I have only slept for 5 hours, this is terrible.”

11. **Exercise.** Regular exercise is a good idea to help with good sleep, but try not to do strenuous exercise in the 4 hours before bedtime. Morning walks are a great way to start the day feeling refreshed!

12. **Eat right.** A healthy, balanced diet will help you to sleep well, but timing is important. Have dinner a few hours before bed, so you are neither full nor hungry, when you go to bed.

13. **Sunlight.** Try to get outdoors, especially in the morning, as sunlight suppresses Melatonin. It is a natural way of telling the body it’s daytime and setting your body’s diurnal rhythm. At night you need the uptick in Melatonin to help you sleep.

14. **The right space.** Your bed and bedroom should be quiet and comfortable for sleeping. A cooler room with enough blankets to stay warm is best, and make sure you have curtains or an eye mask to block out early morning light and earplugs if there is noise outside your room.

15. **Keep daytime routine the same.** Even if you have a bad night sleep and are tired, it is important that you try to keep your daytime activities the same as you had planned. That is, don’t avoid activities because you feel tired. This can reinforce the insomnia.

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