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If you have trouble getting the sleep you need, work shifts, or simply cannot seem to find the time for sleep, then "sleep hygiene" is a practice that you need to work on more than others.

- Go to bed only when sleepy. Try a relaxing bedtime routine (e.g., soaking in a bath).
- Establish a good sleep environment with limited distractions (noise, light, temperature).
- Avoid foods, beverages, and medications that may contain stimulants.
- Avoid alcohol and nicotine before going to sleep.
- Consume less or no caffeine.
- Exercise regularly, but do so around midday or early afternoon. Over-training or exercising too much is not advisable.
- Try behavioural / relaxation techniques to assist with physical and mental relaxation.
- Avoid naps in late afternoon and evening.
- Avoid heavy meals close to bedtime.
- Avoid fluids before going to sleep.
- Use the bed only for sleep and intimacy (Do not eat, read or watch TV in bed!).
- Establish a regular wake time schedule.