



Behavioral Techniques for Better Sleep

- 1. Reduce or eliminate the use of, caffeine, sugary drinks and/or snacks especially 3-4 hours before bedtime (if you must snack, try fruit, popcorn, etc.).*
- 2. Try to maintain a regular sleep-wake cycle, that is, sleep and rise at the same time every day.*
- 3. Try to avoid napping during the day and if you do make it early in the afternoon for less than an hour.*
- 4. Use the bed only for sleeping, not for thinking, working, reading or watching T.V.*
- 5. Hunger can disturb sleep, so a light snack might help an hour before bedtime. suggestions: cheese, peanut butter, crackers, milk or yogurt.*
- 6. Adjust temperature, noise and light levels in the room before you lay down.*
- 7. Make a list two hours earlier of all activities you need to accomplish the next day. This will reduce the need to dwell on them while you are trying to relax and sleep.*
- 8. Moderate exercise during the day or light exercise like walking one hour before bed helps you to feel tired and sleep better.*
- 9. Sunlight and fresh air during the day help promote sleep at night.*
- 10. Limit fluids after dinner.*
- 11. Try to relax and unwind one hour before going to bed.*
- 12. If you cannot fall asleep, don't try harder. Get up, have a drink of water, read, or engage in a non stimulating activity in another room until you feel tired.*

MHHA Psychiatric subcommittee

Sinacola, R.S. & Peters-Strickland, T. (2006). Psychopharmacology for counselors and psychotherapists. Boston: Pearson Education, Inc