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**GOOD SLEEP HYGIENE:**

**It’s Not Brushing Your Teeth Before Bed (but do that too!)**

# Use your bed only for sleeping so that you positively associate your bed with sleeping (this means no reading, eating, watching TV, etc…)

# Set and maintain a regular sleep schedule and keep as close to it as possible on weekends (and do not take naps during the day!)

* Get exposure to sunlight in the morning
* Get some daytime exercise (but avoid exercise 2 hours before bedtime)
* Reduce the use of computers and television within two hours of bedtime, because it can alter natural body rhythms (If you are doing either - research has shown that wearing amber lensed safety glasses for a couple of hours before bedtime can help block the blue light emissions from TVs, computer screens, lamps, etc., and therefore allow the brain to produce melatonin. They can be obtained online for about $10. There is also a free program f.lux that you can install on your computer and phone that will adjust the light on your device that mimics natural light.)
* Keep the bedroom at a comfortable temperature; keep it dark and free of distractions (either do not have your cell phone in your room or mute it!)

# Use a sound machine or fan for white noise

* Reduce stress and/or try relaxation techniques before bedtime
* Take a hot bath or have decaffeinated tea as a drop in body temperature helps increase drowsiness
* Move the clock so you can’t clock-watch
* Use nightlights in the bathrooms and hallways
* Avoid caffeine after 2pm and avoid alcohol as both impair sleep quality