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Sleep Hygiene Checklist

The following things have helped thousands of patients with insomnia sleep better. Please follow each of these as closely as possible. DO NOT FORGET your sleep log.

- ☐ 1. Select a bedtime and wake-up time which allows a minimum of 7-8 hours of total sleep time.
Your bedtime: ~~10:30~~ 11 PM Your out of bedtime: 7 AM
- ☐ 2. If sleep does not occur within 15 minutes, get up, leave the room, sit in an armchair and read a non-stimulating book.
- ☐ 3. No food or drink is allowed after dinner or during the night.
- ☐ 4. No Television or radio allowed.
- ☐ 5. Go back to bed when you feel sleepy, and try to fall asleep again; if sleep does not occur in 15 minutes, repeat the cycle.
- ☐ 6. Bedroom must be quiet, comfortable and dark.
- ☐ 7. Get up every morning at the set time, regardless of total time slept.
- ☐ 8. Eat lunch and dinner at the same time each day, with last food intake at least 3 hours before bedtime.
- ☐ 9. No alcoholic beverages after 5 p.m.
- ☐ 10. Caffeinated beverages only at breakfast.
- ☐ 11. No herbal teas or over the counter or prescription sleeping medications unless discussed.
- ☐ 12. Eye shades and ear plugs are permitted.
- ☐ 13. No daytime naps.
- ☐ 14. Keep the same schedule on weekends as during the week.
- ☐ 15. Walk for approximately 45 minutes on even grade at a brisk pace in the a.m. with sun exposure if possible; late afternoon or early evening (5:00 – 5:30 p.m. with supper at 6:30 p.m.) is an alternative (if not too hot); consult with your physician for any vigorous exercise.
- ☐ 16. If a.m. sunlight not available; sit for 45 minutes, at a distance of 30 inches from a light box emitting 3000 lux (rental available on request).