

**UNC Sleep Clinic
Sleep Hygiene Rules**

1. Never use the bedroom for anything but sleep or sex. Read, watch TV, exercise, eat or argue someplace else.
2. Lie down intending to go to sleep only when you are sleepy.
3. If you are unable to fall asleep within twenty five minutes, get up and go to another room. Stay up until you feel sleepy then return to bed. If you still are unable to fall asleep get up again.
4. Set your alarm to get up at the same time each day regardless of how much sleep you got during the night.
5. Turn on the lights or walk outside in the sunlight when you wake up in the morning.
6. Do not nap during the day.
7. Exercising in the morning or late afternoon will help you sleep, but exercising in the late evening will stimulate your body and make sleeping more difficult.
8. Eat your evening meals at least two hours prior to going to bed. Large meals or hunger can inhibit sleep.
9. Avoid caffeine and refined sugars in the evening. Foods like chocolate, coffee, tea and soda will inhibit sleep. Also tobacco and alcohol should be avoided since these disrupt sleep.
10. Avoid the use of over the counter sleep medicines.
11. Relax in the evening before going to bed. Try not to rehash the day's problems.