



SLEEP HYGIENE

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that’s OK – but try to limit to one card for reference)

Discuss what Sleep Hygiene is.

1. Sleep Hygiene: Habits, environmental factors, and practices that may influence the length and quality of one's sleep.

- We cannot rush through a day, making choices that ruin our sleep, and expect to fall into a “peaceful slumber” right away.
- Sleep should be a quiet, relaxing activity.
- Quiet sleep rituals help ease this transition, preparing us mentally and physically for sleep.

2. Sleep In Bed Only.

- Its important not to associate the bed with anything other than sleep, otherwise it will become more difficult to fall asleep and stay asleep.
- Therefore it is recommended not to:
 - Watch Television
 - Eat in Bed
 - Discuss Finances
 - Discuss Emotional Issue
 - General Arguing

3. Avoid Stimulants & Depressants

- Stimulants keep us awake, depressants help us fall asleep, but not keep us asleep.
 - Smoking : Nicotine is a stimulant.
 - Caffeine: Caffeine is also a stimulant.
 - Drinking: Although alcohol is a depressant and help us fall asleep but keeps us from staying asleep.

4. Create a Sleep Routine & Stick To It.

- A peaceful bedtime routine lets the brain know that it’s time unwind and forget the day’s stresses.
- Fall asleep at the same time every night
- Keep the noise down