

Sleep hygiene

What is Sleep Hygiene?

'Sleep Hygiene' is a term used to describe good sleep habits. Although medication can be used short term it is highly recommended to take a holistic approach and develop good sleep habits that can be used long term.

Sleep Hygiene Tips

Sleep when you're tired – Only try to sleep when you actually feel tired or sleepy, rather than spending too much time awake in bed

Bed is for sleeping – try not to use your bed for anything else other than sleeping. If you use your bed to watch TV, eat, read or play computer games your body will learn this connection

Eat Right – A healthy balanced diet will help you to sleep, but timing is important. A very empty stomach at bed time is distracting whilst a heavy meal can interrupt sleep

The right space – It is important that your bedroom is quiet and comfortable for sleeping. A cooler room with enough blankets to stay warm is best. Make sure your curtains block out early morning light

Exercise – Regular exercise is a very helpful when it comes to sleep. But try not to do strenuous exercise 4 hours before bedtime. Morning walks are also a great way to start the day and feel refreshed.

Routine - Having a hot bath 1-2 hours before bed time can help you to relax and help you to begin to feel sleepy. You can also develop your own routine that will help your body recognise that it is bedtime