NEUROLOGY GROUP of BERGEN COUNTY

SLEEP HYGIENE RECOMMENDATIONS

- Sleep in a comfortable place (quiet, proper temperature, etc.)
- Keep a regular sleep-awake schedule. Get out of bed at the same time each morning.
- Avoid naps. Substitute light exercise for naps.
- Don't consume excessive alcohol or food close to bedtime. A light snack may help to induce sleep.
- Avoid caffeine, which may have a very prolonged stimulant effect.
- Avoid using electronic devices (such as smartphones, iPads, or laptop computers) in bed. Such devices stimulate the brain and make it more difficult to fall asleep.
- Put mental concerns "to sleep" by writing them down and setting them aside.
- Don't lie in bed unable to sleep for more than 30 minutes. Get out of bed, do something relaxing, and return to bed only when sleepy.
- Don't worry about the impact of missing sleep. In most cases, the mind and body will eventually get the rest that they need, and there seems to be little harm in the waiting.

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