

SLEEP HYGIENE:



Want to improve your looks? Want to improve your memory, ability to concentrate, energy and productivity? Want to strengthen your immune system and live happier, healthier and longer?

TRY GETTING AN EXTRA 60-90 MINUTES OF SLEEP EACH NIGHT

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Sleep a lot already and still feel tired?

Sleep quality is even more important than the number of hours you sleep. Try these ideas to help you get a more recuperative sleep.

TIPS FOR SLEEPING BETTER:

- **Make Sleep a Priority.** Don't make other plans when you should be sleeping.
- **Follow a Consistent Sleep Routine.** Go to bed and wake up at the same time every day....even on weekends.
- **Revise Habits to Support Sleep.** Don't stay up to watch TV; tape your shows and watch them the next day.
- **Avoid Large Meals Right Before Bedtime.** Eat dinner at least 3 hours before sleeping.
- **Eat a Light Snack if Hungry at Bedtime.** Try a banana, whole grain carbohydrate, or a glass of milk.
- **Add Exercise and/or Gentle Stretching to your Daily Routine.**
- **Avoid Strenuous Exercise** 2 hours before bedtime.
- **Unwind in the Early Evening.** Write down any worries or tasks for tomorrow and then let those thoughts float away. Keep lights low. Relax.
- **Avoid High Excitement Media** before bedtime (movies, video games, etc.)
- **Use the Bedroom for Two Things Only** - Sleep and sex. No laptops, TVs, or paperwork in the bedroom.
- **Avoid Surfing the Web** 2 hours before sleeping.
- **Keep the Bedroom Cool and Dark** for sleeping.

TIPS FOR SLEEPING BETTER:

- **Avoid Naps.** If you must nap, keep it under 30 minutes and before 3 p.m.
- **Consider trying White Noise.** Use nature sounds or a fan to drown out other noises that may wake you.
- **See your Doctor if Pain Keeps You Awake.**
- **Avoid Caffeine** (coffee, tea, cola, chocolate, energy drinks) at least 3 to 4 hours before bedtime.
- **Avoid Alcohol and Nicotine** 2 hours before bedtime.
- **Ask your Doctor and Pharmacist if Medication You Take May be Affecting your Sleep.** This applies for prescription or over-the-counter medications.
- **Don't Rely on Sleeping Pills.** If you use sleeping pills, talk to your health care provider about other options.
- **Attend a Stress Management Program** if stress interferes with your sleep.
- **Be Comfortable in Bed.** Make sure you have plenty of room. Send kids or pets to their own beds. Wear nonrestrictive clothing. Invest in a mattress and bedding that is comfortable for you.
- **Don't Struggle to Fall Asleep.** If you don't fall asleep in 30 minutes, get up and do something else. Go back to bed when you feel sleepy.
- **Don't Watch the Clock While in Bed.** Don't think about the time or the sleep you may be losing. Turn the clock around so you don't keep checking it.

If you continue to have sleep difficulty after trying these tips, contact a health care provider.