

## Changes to Your Pre-Sleep Habits Will Help

Excerpted from [Coping with Sleep Issues Workbook](#)

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You can make many small changes in your sleep habits to enjoy a better night of sleep. Some of the following suggestions might be more difficult to achieve than others. Choose those you can accomplish easily first. Then add others as you can.

<ul style="list-style-type: none"><li>• Avoid alcohol, nicotine, or caffeine before bedtime</li><li>• Avoid rich and spicy foods before bedtime</li><li>• Do something mildly stimulating after dinner to avoid falling asleep too early</li><li>• Meditate</li><li>• Nothing in the room but sleep and intimacy</li><li>• Try progressive relaxation exercises</li><li>• Read a pleasant book or magazine</li><li>• Save vigorous exercise for during the day</li><li>• Stay away from big meals close to bedtime</li><li>• Take a nap way before bedtime or eliminate it all together</li><li>• Take a warm bath or shower before bed</li><li>• Take prescribed medications</li><li>• Turn off electronics or technology (other than an alarm clock, turned backwards)</li><li>• Use earplugs to block out noise</li><li>• Use guided imagery to relax</li><li>• Wind down the evening with a favorite hobby, calm music, fun television, or entertaining book</li><li>• Write in a journal</li><li>• If you wake up and can't fall back asleep in 30 minutes, get out of bed until you are tired enough to sleep</li></ul>	<ul style="list-style-type: none"><li>• Avoid extreme exercises before bedtime</li><li>• Be sure the bed, mattress, and temperature are comfortable</li><li>• Do easy stretches before bed</li><li>• Don't watch scary television shows before going to sleep</li><li>• Drink enough fluid at night so as not to wake up thirsty, but not so much that you frequently need to go to the bathroom</li><li>• Eat nothing or something light before bedtime</li><li>• Eliminate loud noises</li><li>• Engage in deep breathing exercises</li><li>• Enjoy a pleasant book on tape</li><li>• Get up at the same time each day</li><li>• Go to sleep at the same time each day</li><li>• Have the same sleep routine on weekends</li><li>• If something is on your mind, write it on a paper next to your bed and then fall asleep</li><li>• Keep the bedroom cool</li><li>• Listen to relaxing music</li><li>• Maintain a bedtime routine</li><li>• Make preparations for the next day before going to bed</li><li>• No caffeine after noon</li></ul>
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