

Hill Country

Ear, Nose, and Throat, P.A

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Sleep Hygiene

Many sleep problems such as insomnia, Circadian Rhythm sleep disorders (sleep phase disorders, shift work disorder, jet lag disorder), insufficient sleep syndrome, etc. can be successfully managed by making changes to the habits that affect your sleep.

Daytime:

- ❖ Maintain a consistent wake time.
- ❖ Avoid napping unless you are exhausted. If you have to nap keep it to 30 minutes or less.
- ❖ Get some moderate exercise during the day. (avoid exercise in the evening)
- ❖ Get some sunlight for at least 15 min to help set your circadian clock, this works best if done near sunrise.



In the evening:

- ❖ Avoid caffeine, chocolate, nicotine, and other stimulants
- ❖ Limit alcohol
- ❖ Avoid heavy meals
- ❖ Turn off unneeded lights, help set your brains circadian clock.
- ❖ Start cooling the home temperature and yourself (a cool drink).
- ❖ Limit the stress. Think about stressful components the next day or early in the evening, not at sleep time.
- ❖ Avoid bright television and computer screens for 1 hour before sleep

- ❖ Get a pre-sleep routine and do it the same every night. This will tell your brain that sleep time is coming.



Night time:

- ❖ Keep the bedroom cool and dark and quiet.
- ❖ Use ear plugs if needed
- ❖ Get dark window shades if needed or wear slumber mask
- ❖ Play a sound machine if that helps. If so, do it the same way every night.
- ❖ Keep a consistent sleep time
- ❖ Avoid sleep medications unless absolutely needed.
- ❖ Use the bedroom only for sleep, relaxing or pleasant activities. Don't stay in bed if you are unable to fall asleep. Get up and do a boring activity until you are sleepy.
- ❖ Try to get 7-8 hours of sleep each night.

Safety

- ❖ Do not drive or operate heavy machinery if you are sleepy. Pull over to a safe place and call a friend or family member for help or take a nap.
- ❖ If you are too sleepy to work let your supervisor know. A nap or break is better than an accident

