



SLEEP HYGIENE *updated November 2024*

- An age-appropriate sleep schedule with consistent bedtimes and wake-times
 - Minimal weekday/weekend variation (ideally < 2 hours)
- A consistent bedtime routine
 - Ideally with 30-60 minutes 'wind-down' time before bed
- An appropriate bedroom environment: dark, quiet, relatively cool and comfortable
 - Ideally the bedroom should mainly be for sleep only
- Exposure to bright light (preferably sunlight) during the day
- Regular daytime exercise: not within 1-2 hours of the desired bedtime
- Regular daytime meals. Appropriate snacking but avoid large meals within 1 hour of bedtime
- Avoid exposure to bright light, especially electronics, in the 1-2 hours before bedtime
 - Switch to hand-eye co-ordination activities such as drawing or puzzles
- Ideally there should be no electronics (TV/computer/tablet/mobile phone) use in the bedroom
 - Limit overall use to 4 hours daily
- Restrict caffeine; ideally caffeine intake should be in the morning and early afternoon only and not >4pm or within 6hrs of bedtime
- Alcohol, drugs and nicotine/tobacco all have effects on quality of sleep
- Consider the side-effects of prescribed and over-the-counter medications and discuss with your doctor if you have concerns
- Avoid spending time in bed being deliberately awake. The bed should be for sleep only.
 - Get up if not asleep in 20 minutes

Online support:

<https://www.justtalkherts.org/news-and-campaigns/tips-for-a-great-nights-sleep.aspx> (*JustTalk*)

www.mentalhealth.org.uk/publications (*Mental Health Foundation*)

<https://web.nrw.nhs.uk/selfhelp/> (*NHS trust*)

<https://www.sleepio.com/>

<https://thesleepcharity.org.uk/> *Sleep helpline: 03303 530 541: Sun-Tues/Thurs 7-9pm; Wed 9-11am*

www.sleepfoundation.org

Mindfulness sleep modules:

www.smilingmind.com.au *Smiling Mind app*

www.headspace.com *Headspace app*