

Sleep Hygiene

Do you have trouble getting the sleep you need? Are your work or study times making sleep difficult? "Sleep hygiene" is a set of tools and behaviors that can help you get the good quality sleep you need.

- Try a relaxing bedtime routine (e.g., soaking in a bath, turning down the lights, lowering noise).
- Establish a good sleep environment with limited distractions (noise, light, temperature).
- Avoid foods, beverages, and medicines that may contain stimulants (red bull, coffee etc).
- Consume less or no caffeine during the day.
- Exercise often. Do so around midday or early afternoon.
 - Vigorous exercise close to bedtime can prevent you from going to sleep.
- Try deep breathing, meditation, or yoga to help you relax.
- Avoid heavy meals close to bedtime.
- Avoid large amounts of fluid before going to sleep.
- Use the bed only for sleep. (Do not eat or watch TV in bed!)
- Establish a regular wake time schedule.

Sleep at least 8 hrs a night. Allow yourself to sleep more on the weekends (if possible!) Try to get in bed by 9:30 / 10PM.

Make sure you are drinking lots of water and eating at least three meals a day including breakfast.

Who do I call if I have questions or problems?

If you have questions call your main clinic to see how we can help!

You can also call the Denver Health NurseLine at (303) 739-1211 any time day or night.