

It's important to speak with your patients with insomnia about practicing good sleep hygiene.

Sleep hygiene is a collection of practices and habits designed to help patients have optimal nighttime sleep quality in addition to daytime alertness.¹

IMPROVING SLEEP HYGIENE¹



Limit
daytime napping



Avoid stimulants (such as
caffeine and nicotine) and
alcohol close to bedtime



Get exercise to
promote optimal sleep



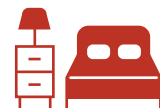
Avoid foods that
trigger indigestion



Ensure adequate
exposure to natural light



Have a regular
bedtime routine



Establish a pleasant
sleep environment

REFERENCE

1. Sleep hygiene. National Sleep Foundation website. <https://www.sleepfoundation.org/articles/sleep-hygiene>. Accessed June 20, 2019.

