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**