

## Sleep Hygiene Strategies



**Date:** \_\_\_\_\_

Choose some sleep hygiene strategies that interest you. If there are many, pick your top 3. Start doing them as soon as you can. Use the list below for this Session's homework and for setting long term goals.

- Make and follow a pre-sleep routine.
- Smoke less or find out how to quit (smoking cessation programs).
- Walk for 20 minutes, 3 times a week.
- Decrease your caffeine intake (slowly) over a few days.
- Set regular times to go to bed and regular times to wake up.
- Change your schedule so you stay in bed for 8 hours each night.
- Have a warm bath before bed.
- Try relaxation sessions each night before bed.
- Dim the lights in your home/room 1 to 2 hours before you go to bed.
- Eat supper 4 hours before bed. Have a light snack before bed.
- Stop fluids 2 hours before bed.
- Other: \_\_\_\_\_