

Sleep Hygiene Tips

- Winding Down/Calming Routine is key: Parent can change to quiet calming voice.
- Bath – warm, then the body temp will drop – this drop makes the person sleepy
- Story: Read a book to child
- Relaxing music/sounds are very helpful. Use with timer : Relax Melodies App or Enya
- Lighting is huge: Body will not secrete Melatonin as long as light is hitting the eye lids. The darker the better – can use sleep masks, blinds need to be turned up for moonlight, if need nightlight – get a soft, low lighted one.
- Give child a back scratch or massage as they lie down for bed
- Bedroom should be de-stimulating, clear some of clutter and straiten room each night before going to bed
- Journaling / list: Make to do lists and put thoughts figuratively on a shelf for the night. Gets worries out and set aside for now - ideally 1 hour before bed
- Deep breathing and relaxation techniques used before bed can lower heart rate
- Guided imagery recordings can help- can use an app
- No heavy eating 2 hour before bed – especially sugar: protein will keep blood sugars more even
- Bedtime Schedule: Same bed / wake times each night and day is most effective. Your biological clock wants you to go to bed by 10:00. If you stay up late you are likely to give way to a “second wind” and will not be able to sleep well.
- 8 hours is recommended for adults, 10+ for children
- Reduce stimulation 1 hour before bed: TV, computer games, etc.
- Cool Bedroom temp (74 degrees or less is ideal)
- Air circulation is important – fans are great.
- Quiet – white noise machine are useful if needed (Free app)
- Sleep and sex only in bed! Work, TV, Games or anything else do not help associate your bed with sleep.
- Comfortable pajamas are important: not too tight.
- Pillow and mattress need to be comfortable and supportive for good sleep
- 30 + minutes of Sunlight or bright light in day is required for healthy sleep rhythm
- Avoid naps: If need one, keep it under 30 min and not after 4:00PM!
- No scary / stimulating movies right at bedtime. Children will likely wake with nightmares.
- No caffeine before bed: Stimulant last 4-6 hours.
- Treat anxiety
- Melatonin helps most people if needed.
- No heavy exercise 2 hours before bed: It is very helpful to exercise in day. If you are inactive throughout your day – you will have trouble sleeping.
- Limit fluids 2 hours before: Will have to wake to urinate.
- Use Sleep Tracking Log to find what patterns work or don't work for you.
- Mineral Oils help some people relax.
- Try free Light up alarm apps: It slowly lights up the room in the morning to get melatonin going prior to waking. This is very good for a more natural waking.