

## **Tips for Getting Good Sleep**

1. Avoid alcohol near bedtime. Even a small dose of alcohol can cause sleep disruption after the first few hours of sleep. Do not drink alcohol while taking sleeping pills.
2. Avoid the use of nicotine close to bedtime or during the night.
3. Try to go bed only when you are drowsy and get out of bed when you can't sleep. Do not spend excessive amounts of time in bed awake.
4. Keep a notebook to write down concerns, create a "to do" list for the following day, or record a nightly note to yourself. Do this prior to your bedtime routine. View it as a way to free yourself of worry while you sleep.
5. A relaxing pre-sleep ritual such as a warm bath, light bedtime snack, or 10 minutes of reading may help. Avoid heavy meals before bedtime. Avoid "screen time" 30 minutes before bedtime.
6. Think of the bedroom as your sanctuary. Reduce clutter and create an inviting and comfortable space for sleep. Make it smell nice, too.
7. The bedroom should be cool, quiet and dark. See that your forehead is cool but your hands & feet are warm for greatest relaxation.
8. Ideally, keep electronics out of the bedroom – no cell phones, iPads/laptops, TV, etc. But, if you must have them, turn everything off at least 30min before bedtime.

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