



Ear, Nose, and Throat (ENT)

*Head and Neck Surgery
Diseases of the Ears, Nose and Throat
Voice Disorders
Audiology and Hearing Aids
- Adult and Pediatric -*

TIPS FOR GOOD SLEEP HYGIENE

1. **Don't go to bed unless you are sleepy.** If you are not sleepy at bedtime, then do something quiet and relaxing, such as reading or listening to soft music.
2. **If you are not asleep after 20 minutes, then get out of bed.** Do something quiet and relaxing until you are sleepy, then go back to bed.
3. **Begin rituals that help you relax each night before bed.** This can include things such as a warm bath, a light snack, or reading for a few minutes.
4. **Get up at the same time every morning, including weekends and holidays.**
5. **Get a full night's sleep on a regular basis.** Allow enough hours of sleep so that you feel well-rested nearly every day.
6. **Avoid taking naps if you can.** If you must take a nap, keep it to less than an hour, and never nap after 3 p.m.
7. **Keep a regular schedule.** Regular times for meals, medications, chores, and other activities help keep the inner body clock running smoothly.
8. **Use your bed only for sleep and sex.**
9. **Do not have any caffeine after lunch.**
10. **Do not drink alcohol within six hours of your bed time.**
11. **Do not have a cigarette or any other source of nicotine before bedtime.**
12. **Do not go to bed hungry, but don't eat a big meal near bedtime either.**
13. **Avoid any vigorous exercise within six hours of your bedtime.**
14. **Avoid sleeping pills, or use them cautiously.**
15. **Take time during the day to deal with things that make you worry.** Try to address the issues that are causing stress or worry. Talk to a therapist if needed.
16. **Make your bedroom quiet, dark, and a little bit cool.**