



Suggestions for Sleeping Soundly



Taking these sleep guidelines into account with your daily routine may bring you a more refreshing morning. . . every morning!

1. _____ at the same time every morning, 7 days a week, regardless of the time you fell asleep or how well you slept throughout the night.
2. Follow a _____ when readying for bed, whether at home or away, e.g., brushing teeth, washing face, taking a warm bath, slow stretching, reading a short magazine article, saying a prayer, etc.
3. Eat a light, _____ snack prior to bed if you have hunger pangs. Milk and tuna fish are known to contain L-tryptophan which helps to induce sleep. Eliminating the hunger itself will allow for improved sleep as well.
4. Avoid _____ and _____ in the evening hours as they will disturb normal sleep pattern.
5. _____ daily in the late afternoon or early evening to allow for deepened sleep during the night.
6. Remain on a daily activity schedule seven days a week, to include work, _____, and self care.
7. Spend a specified time _____ to deal with unresolved issues, new problems/ conflicts, and to plan your next day's activities. Leaving these thoughts for bedtime will only create "_____" decreasing your ability to fall asleep and experience quality sleep.
8. Design your _____ to be a _____ environment to sleep, e.g., reduce lighting, minimize noises and visual distractions, moderate room temperature (approx. 65°F).
9. Do not _____ during the day because it most often reduces quantity and quality of sleep at night. Take breaks to refresh yourself instead.
10. Utilize your bedroom for sleeping and _____ only. By using it for exercising, studying, watching TV, etc., you are giving your brain the message that the room is a place for wakeful activity, even stress.
11. If you are unable to fall asleep after 15-20 minutes in bed, _____ your _____ to another activity in another room until you become sleepy.
12. Consistently using _____ will interfere with sleep, so it is advised to reduce its usage and/or develop a plan to quit.
13. _____ may not be recommended as a component of your normal routine for sleep. Occasional use may be needed with supervision of a doctor, however reduction of use and elimination is often encouraged as soon as possible. Check with your doctor.
14. Engage in a relaxing activity prior to bedtime to help you unwind both _____ and _____.
15. Follow the guidelines in #1-14 for increased sleeping _____!!

Word Choices to Fill-in the Blanks:

- | | |
|------------|-----------------|
| alcohol | mind-racing |
| attention | nap |
| bedroom | nutritional |
| caffeine | physically |
| conductive | routine |
| daily | sexual activity |
| divert | sleeping pills |
| exercise | success |
| leisure | tobacco |
| mentally | wake up |



Suggestions for Sleeping Soundly



Taking these sleep guidelines into account with your daily routine may bring you a more refreshing morning. . . every morning!

1. Wake up at the same time every morning, 7 days a week, regardless of the time you fell asleep or how well you slept throughout the night.
2. Follow a routine when readying for bed, whether at home or away, e.g., brushing teeth, washing face, taking a warm bath, slow stretching, reading a short magazine article, saying a prayer, etc.
3. Eat a light, nutritional snack prior to bed if you have hunger pangs. Milk and tuna fish are known to contain L-tryptophan which helps to induce sleep. Eliminating the hunger itself will allow for improved sleep as well.
4. Avoid alcohol and caffiene in the evening hours as they will disturb normal sleep pattern.
5. exercise daily in the late afternoon or early evening to allow for deepened sleep during the night.
6. Remain on a daily activity schedule seven days a week, to include work, leisure, and self care.
7. Spend a specified time daily to deal with unresolved issues, new problems/ conflicts, and to plan your next day's activities. Leaving these thoughts for bedtime will only create "mind racing," decreasing your ability to fall asleep and experience quality sleep.
8. Design your bedroom to be a conductive environment to sleep, e.g., reduce lighting, minimize noises and visual distractions, moderate room temperature (approx. 65 °F).
9. Do not nap during the day because it most often reduces quantity and quality of sleep at night. Take breaks to refresh yourself instead.
10. Utilize your bedroom for sleeping and sexual activity only. By using it for exercising, studying, watching TV, etc., you are giving your brain the message that the room is a place for wakeful activity, even stress.
11. If you are unable to fall asleep after 15-20 minutes in bed, Divert your attention to another activity in another room until you become sleepy.
12. Consistently using tobacco will interfere with sleep, so it is advised to reduce its usage and/or develop a plan to quit.
13. Sleeping pills may not be recommended as a component of your normal routine for sleep. Occasional use may be needed with supervision of a doctor, however reduction of use and elimination is often encouraged as soon as possible. Check with your doctor.
14. Engage in a relaxing activity prior to bedtime to help you unwind both Physically and Mentally.
15. Follow the guidelines in #1-14 for increased sleeping success!!

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|------------|-----------------|
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| attention | nap |
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| caffiene | physically |
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