

# Sleep Hygiene 101: Bedtime Routine

45 Minutes

## Pre-Bedtime Routine

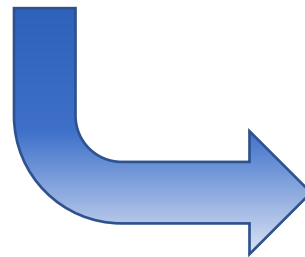
- Complete all tasks/duties
- Dim lights
- No food, alcohol & cigarettes
- Take Melatonin, if directed by physician
- Brush teeth & wash; use washroom
- Initiate Bedtime Routine



10 - 15 Minutes

## Bedtime Routine

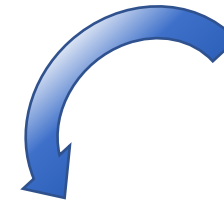
- Low light
- No electronics, screens, phone use
- Read for 10 – 15 minutes
- When feeling tired turn off lights
- Initiate Sleep Attempt



15 Minutes

## Sleep Preparation Repeat

- Out of bed
- Sit up at desk
- Low light
- Read until feeling tired
- Repeat meditation/mindfulness
- No electronics, screens, schoolwork, etc



## Sleep Attempt

- Lights off
- Use sleep aids if needed: ear plugs, eye mask, white noise, etc.
- No electronics, screens, schoolwork, etc
- Meditation/mindfulness



15 Minutes

# Sleep Hygiene Tips

## 1. Timing

- pre-bedtime routine should start 45 – 60 minutes before bedtime
- regular bedtime and wake-up times on weekdays and weekends
- bedtime and wakeup time should not vary by more than one hour from day to day

## 2. What to avoid

- naps
- eating or drinking before bedtime
- coffee, tea, soda, energy drinks and chocolate a few hours before bed
- alcohol, cigarette, recreational drugs before bedtime
- TV, computer or cell phone in bedroom

## 3. What to do

- physical activity & exercise during the day
- practice sleep hygiene every night; even on weekends!

## 4. Setting

- cool, dark room
- keep water nearby to avoid having to get out of bed
- bed is for sleeping only - no work or using computer in bed

## 5. Falling Asleep

- do not try to force sleep.
- listening to audio (meditation, mindfulness, calming music) is permitted

# Melatonin

## 1. Why use Melatonin?

- Studies show that it helps people get to sleep & stay asleep

## 2. Safety?

- side effects may include headache, dizziness, nausea, drowsiness & others
- debate in scientific literature that long term use can disrupt sleep patterns
- can cause sleep disruption if proper sleep hygiene techniques are not used with melatonin
- intermittent use of Melatonin is not advised

## 3. Adult Dose (>18 yrs)

- Lowest dose possible is best
- Start 1 – 3mg for a few nights
- If no effect, increase every two nights up to maximum dose of 10mg

## 4. How to Use Melatonin

- State an end date of use (ex: 2,3 or 4 wks)
- Take 30-45 minutes before bedtime
- Use every night from start date to end date
- Allow two weeks to slowly come off the medication
- Ex: for one week reduce dose by half then for the second week use every other night then stop

## 5. Resources

- Mayo Clinic: <https://goo.gl/eGifnY>