



# Suggestions for Sleeping Soundly



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

- \_\_\_\_\_ 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.
- 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.
- 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.
- Avoid \_\_\_\_\_ and \_\_\_\_\_ in the evening hours as they will disturb normal sleep pattern.
- \_\_\_\_\_ daily in the late afternoon or early evening to allow for deepened sleep during the night.
- Remain on a daily activity schedule seven days a week, to include work, \_\_\_\_\_, and self care.
- 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.
- Design your \_\_\_\_\_ to be a \_\_\_\_\_ environment to sleep, e.g., reduce lighting, minimize noises and visual distractions, moderate room temperature (approx. 65°F).
- Do not \_\_\_\_\_ during the day because it most often reduces quantity and quality of sleep at night. Take breaks to refresh yourself instead.
- 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.
- If you are unable to fall asleep after 15-20 minutes in bed, \_\_\_\_\_ your \_\_\_\_\_ to another activity in another room until you become sleepy.
- Consistently using \_\_\_\_\_ will interfere with sleep, so it is advised to reduce its usage and/or develop a plan to quit.
- \_\_\_\_\_ 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.
- Engage in a relaxing activity prior to bedtime to help you unwind both \_\_\_\_\_ and \_\_\_\_\_.
- 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         |