



KARIM P. BANANI, DDS
GENERAL DENTIST

Improving Your Sleep Hygiene

Increasing Your Sleep Drive

- Limit yourself to one 10-15 min nap/day. Check with your physician first, because in some sleep disorders naps can be beneficial.
- Quality of sleep is important. Too much time in bed can decrease quality on subsequent night – shoot for 6-8 hours/night
- Regular exercise - preferably 40 minutes each day of an activity that causes sweating. It is best to finish exercise at least 6 hours before bedtime.
- Take a hot bath to raise your temperature 2° Celsius for 30 minutes within 2 hours of bedtime.
- A hot drink may help you relax.

Keeping a Daily Rhythm

- Establish a regular wake up time to get out of bed each morning deviating by only 1 hour on weekends and holidays.
- If you must get up at night, do not expose yourself to bright light (eg. Checking your cell phone)
- Get at least one-half hour of sunlight (if applicable) within 30 minutes of your out-of-bed time.

Controlling Drug Effects

- Do not smoke to get yourself back to sleep.
- Do not smoke after 7 PM, or try to avoid smoking altogether
- Avoid caffeine entirely for a 4-week trial period, limit caffeine use to not more than three cups no later than 10 AM.
- Light to moderate use of alcoholic beverages. Alcohol can fragment sleep over second half of sleep period.

Getting to Sleep and Staying Asleep

- Keep your clock turned away, and do not find out what time it is when you wake up at night.
- Avoid strenuous exercise after 6 PM
- Do not eat or drink heavily within 3 hours of your bedtime. A light bedtime snack may help.
- If you have trouble with regurgitation/reflux, be especially careful to avoid heavy meals and spices in the evening. Do not retire too hungry or too full. You may need to sleep with your head elevated.
- Keep your room dark, quiet, well ventilated, and at a comfortable temperature through the night. Ear plugs and eye shades are okay.
- Use a bedtime ritual. Reading before lights-out may be helpful if it is not occupationally related.
- List problems and one sentence next steps for the next day. Set aside a worry time. Forgive yourself and others.

- Learn simple self-hypnosis to use if you wake up at night. Do not try too hard to sleep; instead, concentrate on the pleasant feeling of relaxation.
- Use stress management in the daytime.
- Avoid unfamiliar sleep environments.
- Be sure that your mattress is not too soft or too firm and that your pillow is the right height and firmness.
- Use bedroom only for sleep; do not work or do other activities (eg. Watching TV) that lead to prolonged arousal.