

## Handout for Better Sleep

Sleep is influenced by so many different factors. Have you noticed how any of the factors below have affected your sleep?

### Things That Make Sleep Worse:

- ✓ Taking naps
  - Short naps can be helpful for some people, but not for everyone and can make it more difficult to fall asleep at night
- ✓ Caffeine
- ✓ Alcohol
- ✓ Watching television in bed/using technology with bright screens an hour before bed
- ✓ Eating a heavy meal within 3 hours before bedtime
- ✓ Forcing yourself to sleep
  - If you don't fall asleep within 20 minutes, it's better to get up and do something relaxing
- ✓ Exercising close to your bedtime
  - Exercising can wake you up, so try to schedule your workout earlier
- ✓ Nicotine
  - Nicotine is a stimulant, and smoking cigarettes or tobacco products close to bedtime can make it more difficult to fall asleep and stay asleep

### Things That Improve Sleep:

- ✓ Set a schedule and follow it
  - Wake up and go to bed at the same time every day so your body is on a schedule when it comes to sleep
- ✓ Use your bed for sleeping only
  - Don't do your homework or watch TV while in bed
- ✓ Having a relaxing bedtime routine
- ✓ Regular exercise
- ✓ Good sleep environment
  - Keep your bedroom at a right temperature for optimal sleep
  - Keep your bedroom room dark
  - Make sure your pillows and bed are comfortable
- ✓ Relaxing muscle and breathing exercises

Adapted from:

[http://media.psychologytools.com/worksheets/english\\_us/checklist\\_for\\_better\\_sleep\\_en-us.pdf](http://media.psychologytools.com/worksheets/english_us/checklist_for_better_sleep_en-us.pdf)

<http://www.therapistaid.com/therapy-worksheet/sleep-hygiene-handout>

