



ANDREWS

Sports Medicine & Orthopaedic Center

STRATEGIES TO PROMOTE SLEEP

- Avoid Caffeine - (coffee, soda, tea, energy drinks, chocolate), especially 6 hours prior to bedtime
- Avoid Nicotine - Although smoking may feel relaxing, nicotine is a stimulant
- Avoid Alcohol - Although it may initially make you feel sleepy, it interferes with normal sleep patterns, is disruptive to restful sleep and worsens breathing problems at night
- Exercise Daily -Some people find exercising before bed wakes them up, other s find it helps them
- Follow a daily routine, which includes a consistent time to wake up and go to sleep
- Lower the temperature of the bedroom slightly. Decreased body temperature promotes sleep. Taking a warm shower before bed will also promote a decrease in body temperature, as your body cools down
- Keep the bedroom quiet and dark. Dim lights in the house several hours prior to going to bed, to help your body start to prepare
- Avoid using phones or other electronics in bed
- Avoid doing work or stressful tasks (i.e. paying bills) right before bed and in the bedroom
- Do something relaxing before bed, such as taking a bath or reading a book (unless your book is so good, you will try to keep yourself up to keep reading)
- Listen to relaxing music and/or a meditation tape before bed
- Use heat or ice before bed to make yourself more comfortable
- If you are unable to sleep do not stay in bed and continue to worry about not sleeping, listen to a meditation tape, do heat or ice, get up and do a relaxing activity and try again
- Use proper positioning in bed. Make sure your neck is supported. Use a pillow between your legs inside laying and under your legs when lying on your back
- Avoid negative thoughts, “I will never get to sleep” “I’m going to be exhausted”. Focus on something positive, e.g. imagine your favorite vacation

IF YOU WAKE UP IN THE MIDDLE OF THE NIGHT

- Practice diaphragmatic breathing
- Avoid looking at the clock
- Listen to a meditation tape
- If unable to sleep do not stay in bed and worry about it, get up and do something relaxing
- Read some boring material that will fatigue your eyes