

Sleep Hygiene Tips



Getting Ready for Bed

- Try a light snack before bed. Warm milk and foods high in the amino acid, tryptophan, such as bananas, may help you sleep.

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Sleep Hygiene

Poor sleep habits (hygiene) are among the most common problems encountered in our society. We stay up too late and get up too early. We interrupt our sleep with drugs, technology, and work. We over-stimulate ourselves with late-night activities. Included in this brochure is some advice for getting good sleep.

How much sleep do you need in 24 hours?

Giraffes: 5 to 30 minutes

Horses: 2 1/2 hours

Humans: 7 to 9 hours

Sloth: 10-15 hours

Tigers: 18 hours

Koalas: 14 1/2 to 22 hours

Sources: Antonio Culebras, MD,
Neurologist and Medical Neurology
Director of the Upstate Sleep Center

BBC.com/Earth



Tips

- Establish a regular bedtime and waking time.
- Avoid napping during the day. If you do nap, limit it to 45 minutes.
- Avoid alcohol 4-6 hours before bedtime and do not smoke.
- Avoid caffeine 4-6 hours before bedtime. This includes coffee, tea, many sodas, and chocolate.
- Avoid heavy, spicy, or sugary foods 4-6 hours before bedtime.
- Exercise regularly but avoid doing so 2 hours before bedtime.
- Use comfortable, inviting bedding.
- Find a comfortable sleeping temperature and keep the room well ventilated. A cool (not cold) room is often best for sleeping.
- Block out all distracting noise and eliminate as much light (including technology) as possible.
- Reserve the bed for sleep and sex. Let your body "know" the bed is for sleeping.