

## What is it?

Sleep hygiene means good sleep habits – the things you can do to give yourself the best chance of a good, refreshing sleep. Most people need between seven and nine hours sleep each day, which includes naps and time spent dozing in front of the television.

Many sleeping problems are due to bad habits built up over a long period. Changing sleeping habits takes time and different things may work for you, so find out what works and stick with it.

If despite practising good sleep habits, you still have trouble sleeping, see your doctor, as something else may be disturbing your sleep.

SLEEP ROUTINE	LIFESTYLE
<ul style="list-style-type: none"><li>• Your body clock will make you tired when you're ready to sleep, try not to ignore this and try not to go to bed too early</li><li>• Try getting up at the same time each day to keep your body clock synchronised with what's going on outside</li><li>• Avoid sleeping in to make up for a poor nights sleep</li></ul>	<ul style="list-style-type: none"><li>• Regular exercise improves restful sleep</li><li>• Natural light slows down melatonin production, this is a chemical that your body produces to help you sleep</li><li>• Quit smoking, it is a stimulant that makes sleeping harder</li></ul>
PREPARING FOR BED	THE BEDROOM
<ul style="list-style-type: none"><li>• Being warm promotes a restful sleep, it helps to wear warm pyjamas and to keep your hands and feet warm while sleeping</li><li>• Make sure you have comfortable bedding</li><li>• Stop taking stimulants such as caffeine and cigarettes at least an hour before you go to bed</li></ul>	<ul style="list-style-type: none"><li>• Make your room as dark and quiet as possible</li><li>• Remove distractions such as phones and watches</li><li>• Avoid watching TV or using a laptop while in bed</li><li>• Try to avoid sharing your bed with children or pets</li></ul>
MEDICATIONS	TRYING TO SLEEP
<ul style="list-style-type: none"><li>• Prescription medications may cause side effects such as being more alert or tired, follow instructions</li><li>• Don't rely on sleeping tablets for a long time, these should only be used as a temporary fix</li><li>• Some medications can cause daytime tiredness, you may find it harder to fall asleep when you stop using them</li></ul>	<ul style="list-style-type: none"><li>• If you are not able to fall asleep within 20 minutes, try doing something boring in another room with the light dimmed, go back to bed when you are tired</li><li>• Avoid looking at the clock as this can cause stress</li><li>• Try not to think about your sleep problems, if tonight didn't work just try again tomorrow night</li></ul>

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resource Directory factsheets are endorsed by South Western Sydney PHN's Community Advisory Committee and local GPs