



Physician Partners  
A TMH Network

*Pulmonary, Critical Care, and Sleep Specialists*

# GOOD SLEEP



**Are you willing to change your behavior to help you sleep better?**

**Are you willing to invest time and energy to change your sleep habits?**

**1) Cognitive Behavioral Therapy**—Changing dysfunctional beliefs about sleep. Avoid negative or self-focused thoughts about sleep. Don't worry about how much sleep you need. Write down things that you are thinking about or worrying about on a notepad or yellow sticky notes on your nightstand, and "let them go." Assign yourself "worry time" the next day during the morning hours (not at bedtime).

**2) Stimulus Control**

- a) Lie down only when sleepy
- b) Do not use your bed for anything except sleep and sexual activity. Do not eat, read, think, watch TV, use computer, use Iphone, surf Internet with smartphone or tablet, or play video games in bed.
- c) Avoid physical activities or anything that involves intense thinking or worrying at bedtime. If you are frustrated because you cannot fall asleep after 10-15 minutes in bed, do not try harder and harder to fall asleep. Don't look at your clock over and over again. Instead, get out of bed, go to another room, and do something boring until you get drowsy, then go back to bed. If you can't fall sleep after lying down for 10-15 minutes, get out of bed again and repeat this routine as many times as needed.

**2) Sleep Restriction**—Limit the time in bed to "time that you are actually sleeping." Your wakeup time should always be fixed even if your bedtime is varied or manipulated. A person must build up a drive to sleep by restricting periods of time in bed to actual sleep time.

**3) Relaxation Therapy**—Progressive muscle relaxation and guided relaxing imagery. Create a relaxing bedtime routine.

**4) Sleep Hygiene Education**

- a) Do not nap during the day.
- b) Avoid bright light, TV, computer screens, and electronic devices 2 hours before desired bedtime.
- c) Take a hot shower (or hot bath) about 2 hours before desired bedtime.
- d) Exercise in the morning in bright sunlight if possible. Don't exercise within 3 hours of bedtime.
- e) Avoid caffeine after 12:00 noon and avoid alcohol and tobacco at least 6 hours before bedtime.
- f) Create a comfortable sleep environment (right temperature, bedding, low light, and low noise).
- g) Avoid excessive liquids at night to decrease trips to the bathroom.
- h) Treat esophageal reflux and nasal allergies.
- i) Don't go to bed too hungry or too full. Avoid heavy foods and spicy foods prior to bedtime.
- h) Fix a standard bedtime and a standard wakeup time that allows at least 7-8 hours of sleep each night, say perhaps 11:00 pm to 7:00 am. Set your alarm clock and get up at the same time each day.

**5) Read the book No More Sleepless Nights by Peter Hauri and Shirley Linde for more suggestions.**