# Chronophysiology & Sleep Hygiene Training

## GOOD SLEEP HYGIENE

**DO:**

1. Go to bed and get up at the same time. Try to maintain something close to this on weekends.
2. Get regular exercise each day, preferably in the morning (evidence that exercise (including stretching/aerobic) improves restful sleep.
3. Get regular exposure to outdoor or bright light, especially in the afternoon.
4. Keep temperature in your bedroom comfortable.
5. Keep bedroom quiet and dark enough to facilitate sleep
6. Use your bed only for sleep (and sexual activity).
7. Establish a regular, relaxing bedtime routine. (ex: warm bath/shower, aromatherapy, reading, music).
8. Use a relaxation exercise before going to sleep or relaxing imagery.
9. Keep your feet and hands warm. Wear warm socks to bed.
10. Designate another time to write down problems and possible solutions (ex: late afternoon/early evening).

**DON'T:**

1. Exercise before going to bed.
2. Engage in stimulating activities just before bed.
3. Have caffeine in the evening (coffee, teas, etc.)
4. Read or watch television in bed.
5. Use alcohol to help you sleep.
6. Go to bed to hungry or to full.
7. Take another person’s sleeping pills.
8. Take daytime naps (No longer than 20 minutes).
9. Command yourself to go to sleep.
10. Watch the clock or count minutes.
11. Lie in bed awake more than 20-30 minutes.
12. Succumb to maladaptive thoughts.
13. Change your daytime routine the next day if you didn’t Sleep well.
14. Increase caffeine intakes the next day.

## SATED QUESTIONNAIRE

<table>
<thead>
<tr>
<th>Rarely/Never (0)</th>
<th>Sometimes (1)</th>
<th>Usually/Always (2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Are you satisfied with your sleep?</td>
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<tr>
<td>2. Do you stay awake all day without dozing?</td>
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<td>3. Are you asleep (or trying to sleep) between 2:00 am and 4 am?</td>
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<td>4. Do you spend less than 30 minutes awake at night? (This includes the time it takes to fall asleep and awakenings from sleep.)</td>
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<td>5. Do you sleep between 6 and 8 hours per day?</td>
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Ref: Mastin, Bryson, Corwyn. Assessment of Sleep Hygiene Using the Step Hygiene Index. *Journal of Behavioral Medicine*. 20016