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).

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

SATED QUESTIONNAIRE

	Rarely/Never (0)	Sometimes (1)	Usually/Always (2)
1. Are you satisfied with your sleep?			
2. Do you stay awake all day without dozing?			
3. Are you asleep (or trying to sleep) between 2:00 am and 4 am?			
4. Do you spend less than 30 minutes awake at night? (This includes the time it takes to fall asleep and awakenings from sleep.)			
5. Do you sleep between 6 and 8 hours per day?			

0 = Poor Sleep Health   Good Sleep Health = 10

Ref: Mastin. Bryson, Corwyn. Assessment of Sleep Hygiene Using the Step Hygiene Index. *Journal of Behavioral Medicine*. 20016