

Illinois' first public university
ILLINOIS STATE UNIVERSITY



DAY 7	DAY 6	DAY 5	DAY 4	DAY 3	DAY 2	DAY 1	Yesterday, did you drink any caffeine (coffee, decaf, coffee, tea, soda)? How much? At what times of the day?	Yesterday, did you do any physical activity? What did you do? At what times of the day?	Yesterday, did you eat any large very greasy or spicy meals? What did you eat? At what times of the day?	Yesterday, did you take any medicines, including over-the-counter or herbal ones? What were they? At what times of the day did you take them?

AN INSOMNIACS GUIDE



HEALTH PROMOTION AND WELLNESS
Illinois State University

HEALTHY SLEEP HYGIENE INFORMATION

Go to bed when you are sleepy, not earlier. Limiting your time in bed helps to consolidate and deepen your sleep. Excessively long times in bed lead to fragmented and shallow sleep.

Get up at the same time every day, seven days a week. A regular wake time will help you fall asleep more easily at night and helps set your biological clock.

Sleep only in bed. Sleeping in a location other than your bed may make it more difficult to sleep in your bed.

Use the bedroom only for sleeping. Avoid reading, watching TV, eating, or talking on the phone in bed. This will help you sleep in bed and stay awake when you are not in bed.

Cover the clock or put it where you cannot see it from the time you go to bed until your alarm rings.

Getting a regular amount of daily exercise helps deepen sleep. Exercise too close to bedtime may disturb sleep. Finish exercising at least three hours before bedtime.

Insulate your bedroom against sounds. Rugs, wearing earplugs, and closing the door may help.

Keep the room temperature moderate and dark. Excessively warm rooms may disturb sleep. Use curtains or eye shades to decrease light before and during sleep.

Hunger may disturb sleep. A light snack at bedtime may help sleep, but avoid greasy or heavy foods.

Avoid excessive fluid intake in the evening to minimize the need for nighttime trips to the bathroom.

Avoid caffeine.

Avoid alcohol, especially in the evening. Although alcohol may help some people fall asleep, the sleep through the night becomes fragmented due to alcohol.

Avoid using tobacco in any form, especially at bedtime or if you awaken at night. Tobacco use can disturb sleep.

Do not take your problems to bed. It is often helpful to spend time earlier in the evening to work on your problems or plan the next day's activities.

If you cannot fall asleep, do not "try harder" to fall asleep. This often makes the problem worse. Instead, get out of bed, go to another room, and do something quietly (such as reading a book) until you become sleepy again. Avoid television, computer use, snacks, or tobacco use, as these can make you more alert. Return to bed only when you become sleepy again. Get up at your regular time in the morning, no matter how much you have slept.

Avoid naps. If you have an irresistible urge to sleep during the day, a single nap of 30 minutes or less may be taken in bed. Longer or more numerous naps can disturb sleep the following night.

SLEEP DIARY AND SLEEP HYGIENE INFORMATION

Fill out this diary every day for a week. It can help highlight what may be keeping you from getting a good night's sleep.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
What time did you go to bed last night?							
How long did it take to fall asleep?							
What time did you get up to start your day?							
How many times did you wake up during your sleep? For how long? Did you get out of bed?							
How much total sleep did you get?							
How tired do you feel today, on a scale of 1 to 5? (5= very tired, 1= not tired at all)							
How unusual or stressful was your day yesterday, on a scale of 1 to 5? (5=very unusual or stressful, 1=not unusual or stressful)							
What did you do during the 30 minutes before bed?							
Yesterday, did you take any naps? How long? At what time?							
Yesterday, did you drink any alcohol? How much? (One drink equals 12oz. beer, 4-5oz. wine, 1-1.5 ounces distilled spirits or hard liquor.)							