



FLEMING VIGNA BALMER
REGISTERED PSYCHOLOGISTS

A Sleep Hygiene Program for Insomnia

Behavioral interventions for sleep onset insomnia are very effective treatments for this common problem.

Here is a simple sleep hygiene program that you can prescribe to your patients to help them improve their sleep habits and decrease insomnia.

1. Set a regular bedtime and wake time and stick to it. This sets the body's circadian rhythm.

2. Relax before bedtime. Take a bath, read, meditate.

3. The bed should be reserved for sleep. Do not watch TV or work in bed.

4. If you can't get to sleep within 20 minutes, get out of bed and do something relaxing, such as reading, until you feel ready to sleep.

5. Caffeine consumption (e.g., coffee, tea, cola) should be limited during the day and avoided in the evening. Also avoid heavy meals and alcohol before bedtime.

6. Exercise regularly. Morning and early evening are the best times to exercise for sleep improvement, but should be avoided within three to four hours before bedtime as it tends to wake people up.