

Box 3.2 Strategies for improving sleep

- Practice relaxation techniques at bedtime
- Use bed only for sleep and sex
 - Go to bed only when sleepy
 - Don't watch television or read in bed
- Establish and maintain regular sleep and rise times
- Avoid daytime naps if you have problems sleeping at night
- Reduce evening stimulants (caffeine, nicotine)
- Don't drink alcohol before going to bed
- Do aerobic exercise daily
- Make sure the temperature in the bedroom is comfortably cool
- If too much ambient light enters the bedroom, invest in an eye mask
- If noises in the bedroom prevent sleep, try using ear plugs
- If you are unable to fall asleep after 15 minutes, get up and go to another room. Only return to bed when you are sleepy.