

Sleep–wake activity regulation

- go to bed and arise at regular times (including on weekends)
- avoid lying in bed for long periods of time worrying about sleeping. If unable to sleep after 20 minutes, get up and do something relaxing, then return to bed when sleepy
- avoid oversleeping
- avoid napping (if necessary, limit to an afternoon ‘powernap’ of 15 to 30 minutes).

Sleep setting and influences

- avoid exposure to bright light (including screens [NB1]) from late evening onwards
- seek exposure to bright light after rising in the morning
- avoid heavy meals within 3 hours of bedtime
- undertake regular daily exercise, but avoid vigorous physical activity within 3 hours of bedtime
- ensure a quiet, cool, dark room for sleep
- do not have electronic devices (eg phones, television) or a clock in the bedroom
- avoid sleeping with children or pets in the bedroom
- use a comfortable and supportive mattress and pillow
- reserve bedroom for sleep and intimacy
- avoid stressful ruminations before or at bedtime; allocate time earlier in the evening to reflect and address worries
- avoid caffeine after midday
- reduce excessive alcohol intake or, preferably, avoid alcohol altogether
- avoid tobacco, especially in the evening
- avoid illicit drugs.

Sleep promoting adjuvants

- have a light snack or a warm milk drink before bed
- have a warm bath or shower before bed.

NB1: Blue wavelengths of light are emitted from computer, television and phone screens. Blue light inhibits melatonin release and may disrupt sleep. If screens cannot be avoided, blue-light filtering glasses or blue-light screen filters may reduce the effect of blue light.