

# APPENDIX 7.1

## SLEEP HYGIENE GUIDE FOR PATIENTS AND SLEEP DIARY FROM THE BRITISH COLUMBIA GUIDELINES AND PROTOCOLS ADVISORY COMMITTEE

# Sleep Hygiene

## A GUIDE FOR PATIENTS

Follow these rules for healthy sleep.

- Get up at the same time each day, seven days a week, to reinforce your body's internal clock.
- Go to bed only when you are sleepy.
- If you're not asleep after about 20 minutes, go to another room and do something relaxing. Return to bed when you are drowsy-tired.
- Use your bed only for sleeping or sex. Don't worry or watch TV in bed so your body learns the bed is for sleeping.
- Keep your bedroom dark and comfortably cool.
- Exercise during the day (three to four hours before bedtime).
- Don't drink coffee or tea within six hours of bedtime.
- Don't drink alcohol in the evening. It can make you wake up in the middle of the night.
- Try eating a light carbohydrate snack before bed.

SLEEP DIARY						
Date						
Did you nap today? When and how long?						
Did you exercise today? When and how long?						
Time into bed						
Time of "lights out"						
Time to fall asleep						
Number of awakenings						
Longest awakening						
Time of "lights on"						
Time out of bed						
Total sleep time						
Sleep quality (0 - 10) 0 = worst, 10 = best ever						