

Sleep Aid Tips

As much as possible, maintain a regular sleep-wake schedule.

Try to grab even a few minutes for exercise and fresh air every day.

Cut down on caffeine (e.g., coffee, tea, chocolate, cola), alcohol, and nicotine (e.g., smoking), especially before bedtime.

Nap when you can, but try to avoid late-afternoon and evening naps, unless you know you will be providing care at night.

Minimize nighttime noise or light around you. Remove clocks unless you need to set an alarm.

Identify, talk about, and find ways to address worries and concerns before bedtime. Even small things such as making a list before bed can help clear the mind for sleep.

Set up a bedtime routine that lets you unwind before you turn out your light. It may help to have a bath, wash your face and hands, change into pajamas, brush your hair, and apply lotion to your face and hands.

Notice what helps you relax and make that part of your routine. You might listen to soft music, read a bit, watch a funny TV show, or pray.

Try some relaxation or visualization exercises. Ask your healthcare team to help you learn how to do this.

Have something warm to drink or eat before bed.

If it is not possible to keep a regular sleep schedule, go to bed when you feel drowsy in the evening rather than trying stay up until a set time. This helps you avoid lying awake in bed.