



*Make Prevention a CHOICE*

## **Don't Lose Any Sleep Over It!!! 20 Tips For A Good Night's Sleep**

- Exercise during the day, preferably in the late afternoon before dinner. Aerobic exercise is best. A 45 minutes to an hour of brisk walking will suffice.
- Go to bed and get up at regular times, even if you are tired in the morning. Getting up half an hour earlier in the morning may help you get to sleep that night.
- Do not try to make yourself sleep. If you are unable to fall asleep after 20-30 minutes in bed, leave your bed, engage in some relaxing activity ( such as watching TV, reading a book or listening to a relaxation tape). Do not return to bed until you are sleepy.
- Avoid heavy meals before bedtime.
- Avoid heavy alcohol consumption before bedtime.
- Turn yourself down during the last hour or two of the day. Avoid vigorous physical or mental activity, emotional upsets, and so on.
- Reduce caffeine and nicotine consumption as much as possible. If you must have coffee, have it only in the morning.
- Instead of prescription drugs, try natural supplements that foster sleep. As with any drugs or medicinal herbs, it's important to consult a knowledgeable practitioner to make sure that a given supplement or herb is safe and appropriate for you. This is very important if you take other medications.
- Develop a sleep ritual before bedtime. This is some activity you do every night before you get into bed. A hot shower before bedtime may help you relax.
- For relaxing tense muscles or a racing mind, use deep relaxation techniques such as progressive muscle relaxation or guided visualization on cassette tape. Get an auto-reverse recorder that can play a tape in a continuous loop.
- Eliminate non-sleep activities in bed (such as work or reading) to strengthen the association between bed and sleeping – unless these activities are part of your sleep ritual.

- Avoid napping during the day.
- Try varying the firmness of your mattress by buying a new one or adding a board underneath, a featherbed, or an “egg-crate” foam pad.
- Reduce noise through the use of ear plugs or a noise-masking machine.
- Keep your room temperature between 60 and 70 degrees. Too warm or cold a room tends to interfere with sleep.
- If your partner snores, kicks, or tosses and turns, have separate beds at whatever distance is mutually acceptable.
- Do not let yourself be afraid of insomnia. Work on accepting those nights when you do not sleep as well. The less you fight, resist, or fear sleeplessness, the more it will tend to go away.
- If pain is causing sleeplessness, analgesics are more appropriate than sleeping pills.
- Sex (when physically and emotionally satisfying) helps sleep.
- If you suspect that emotional problems are causing sleeplessness, consult a competent therapist. Depression and anxiety disorders commonly produce insomnia. Getting more emotional support and expressing your feelings often will help you sleep.

## **How to Contact Us**

**Naval CBC Gulfport Center**  
**Phone: (228) 871-2581/3000**  
**Fax: (228) 871-3610/2384**

**Navy at Stennis Space Center**  
**Phone: (228) 813-4070**  
**Fax: (228) 688-5561**

**Toll Free: (800) 342-3525**