



## Strategies for Sleep

### **Sleep Hygiene Strategies:**

- Avoid coffee, tea, chocolate, soft drinks before going to bed
- Avoid exercising 2-4 hours before bedtime
- Sleep in a dark, cool, quiet, and relaxing room
- Develop a bedtime ritual (i.e., warm milk before bedtime)
- Use your bed only for sleeping and intimacy
- If possible, go to bed at the same time each night

### **Sleep Restrictions Strategies:**

- Add one additional hour if you feel ill or feel unable to get up at the scheduled time in the morning
- Limit naps to no more than two every day, each lasting less than an hour

### **Relaxation Strategies:**

- Take a warm shower or bath before going to bed
- Listen to soothing music
- Use meditation, massage, progressive relaxation, or other strategies to decrease stress

### **Other Strategies:**

- Keeping yourself as active as possible during the day will help with promoting sleep at night (discuss with your health provider what forms of exercise is safest for you).
- Having other symptoms, such as pain or fatigue, can affect your sleep. If you are currently experiencing other symptoms, please talk to your provider about how to best manage these symptoms.
- If you are worried, depressed, or anxious, talk to your provider about resources to help you cope with these concerns.

- A variety of sleep medications (over the counter or prescribed) are available to help you sleep. Please ask your provider about which sleep medications would be best for you to take.

**This document is not intended to take the place of the care and attention of your personal physician or other professional medical services.**

**Our aim is to promote active participation in your care and treatment by providing information and education.**

**Questions about individual health concerns or specific treatment options should be discussed with your physician.**

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