

Tips for a better nights' sleep¹

Bed is for Sleeping

Your room should be cool and dark. Try using your bed for sleeping only. Watch TV on the couch, or read in a chair.



This will help your body associate your bed with sleep.

No Clock-Watching!

As tempting as it may be, avoid looking at the clock while falling asleep. It may make you anxious.



Avoid Caffeine

Avoid consuming caffeine 6-8 hours before going to bed.

This includes coffee, tea, pop, energy drinks, chocolate and some medications.



Get Outside

Get active!

Enjoy the sunlight and fresh air!



Get Regular

Go to bed and get up around the same time every day, even on weekends!

This will allow you to train your body to develop a regular rhythm, leading to a better sleep.

Keep Bedtime Tech Free!

Turn off your phones, TVs and computers.

Blue light from screens makes it harder to fall asleep.



Eat Right

A healthy, balanced diet will help to improve your sleep.

Being hungry can prevent a good night's sleep. Try a light snack with milk before bed.

Naps

When you are up at night with your baby, it can help to have 1-2 short naps during the day.

Make sure the naps are not too late so you can try to get a longer sleep at night.



Use a Sleep Diary

Every morning, record the duration and quality of your sleep.

This may help you to discover patterns or factors that impact your sleep.



Exercise

Regular exercise will help you sleep better at night.

However, avoid strenuous exercise less than 4 hours before bedtime.





Why sleep at all?

Sleep is essential! We need sleep to be at our best both mentally and physically.

Sleep is important for:

- having more energy
- a stronger immune system
- repairing injuries
- mental well-being and a better mood
- concentration and memory
- faster reaction time
- positive happy relationships
- postpartum healing
- breastmilk production

How much sleep is best?

Aim for 7-8 hours in a 24 hour period



How sleepy are you?

How likely are you to doze off or fall asleep in the following situations? Using the following scale to choose to most appropriate number for each situation:

- 0 = would never doze off
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

Situations	Score 0 -3
Sitting and reading	
Watching television	
Sitting inactive in a public place (eg. movie theatre)	
As a passenger in a car for an hour without a break	
Lying down in the afternoon to rest when circumstances permit	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
In a car, while stopped for a few minutes in traffic	
Total Score	

Score Results:

- 0-6** = Congratulations!! You're getting enough sleep
- 7-8** = Monitor your sleep. You may not be getting enough
- 9+** = Very sleepy and should seek medical advice

Johns, M.W. (1991). A new method for measuring daytime sleepiness: The Epworth sleepiness scale. *Sleep*, 14, 540-545.

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Sleep:

A guide to a better nights' sleep



For Caregivers