



## SLEEP HYGIENE GUIDELINES

- Only go to bed when you feel sleepy. If you're not sleepy, engage in something calming like reading, listening to music, or browsing through a magazine to take your mind off your sleep worries and help you relax.
- If you're still awake after 20 minutes, get out of bed and do something relaxing in another room until you feel sleepy again. Reserve your bedroom for sleep only and avoid using it as a place to go when you're bored.
- Develop a bedtime ritual to help you unwind before sleep, such as taking a warm bath, having a light snack, or reading for a few minutes.
- Maintain a consistent wake-up time every day, even on weekends and holidays, to regulate your body clock.
- Strive to get a full night's sleep regularly so you feel well-rested most days.
- Avoid napping if possible, but if you must, keep it short (less than one hour) and don't nap after 3 PM.
- Stick to a regular schedule for meals, medications, household chores, and other activities to keep your body clock running smoothly.
- Avoid engaging in stimulating activities in bed, such as reading, writing, eating, watching TV, talking on the phone, or playing cards.
- Avoid using your smartphone or tablet before bedtime as the blue light emitted by these devices can stimulate the brain and disrupt the natural sleep cycle by tricking it into thinking it's still daytime.
- Refrain from consuming caffeine after lunch, alcohol within six hours of bedtime, or nicotine before bedtime.
- Don't go to bed hungry, but avoid eating a large meal near bedtime.
- Avoid strenuous exercise within six hours of bedtime, but try to exercise earlier in the day.
- To improve your sleep, it is advisable to avoid the excessive use of sleeping pills or use them with caution. Generally, doctors do not recommend taking sleeping pills for a period longer than three weeks. Additionally, it is important to refrain from consuming alcohol when taking sleeping pills.
- Creating a sleep-friendly environment is also crucial for a good night's rest. Your bedroom should be quiet, dark, and slightly cool, much like a cave.

The Virtual Nephrologist

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