

Helpful hints to a restful sleep:

- Your Personal Habits
 - Fix a bed time and an awakening time
 - Limit a nap to 30-45 minutes
 - Avoid alcohol
 - Avoid caffeine 4-6 hours before bedtime
 - Avoid heavy, spicy or sugary food 4-6 hours before bedtime
 - Exercise regularly, but not before bedtime
 - Your Sleeping Environment
 - Use comfortable bedding
 - Find a comfortable temperature for sleeping and keep room well ventilated
 - Block out all distracting noise
 - Eliminate as much light as possible
 - Reserve the bed for sleep and sex
 - Getting Ready for Bed
 - Try a light snack before bed (milk and bananas contain tryptophan which helps with sleep)
 - Practice relaxation techniques before sleep
 - Don't take your worries to sleep
 - Establish a bedtime routine (warm bath, light reading)
 - Get into your favorite sleeping position
 - Getting Up in the Middle of the Night
 - Limit fluids after dinner to limit needing to get up to go to the bathroom
 - If you wake up in the middle of the night and don't fall back asleep in 20 minutes, get up and do some light reading. Don't make tossing and turning a habit
 - A Word about Television
 - Don't make a habit of watching TV in bed. Always sit up in a chair for TV as it is too engaging. Light music or radio is preferable.
 - Other Factors
 - Medications such as those for pain, nausea and dizziness may affect your sleep.
- Sleep Hygiene:
- Keep your bedroom limited to two activities: sleep and sex.
 - Avoid reading or watching TV in bed
- Some Techniques you might try
- Aroma Therapy: Try Lavender oil on your pillow.
 - Try the use of ear plugs and / or sleep masks
 - Try Sleepy time type tea or warm milk
 - Try Melatonin. At first, try 1/4 to 1/2 tablet. It can be obtained in a health food store. It is a hormone that is secreted by the pineal gland in the brain. It helps restore normal sleep-wake cycles and is used by travelers crossing time zones.
 - If all else fails, some medications you and your PCP might consider include: Trazadone, Atarax, Prazosin, Seroquel or Ambien.