Here are some suggestions for getting a good night’s sleep. Try these for a few weeks.

- Use a relaxation method such as progressive muscular relaxation, breathing exercises, or meditation at bedtime. (The counselors at University Counseling Services can teach you some techniques, just ask.)

- Increase exercise – no later than two hours before bedtime.

- Establish a routine by having a regular bedtime and awakening time. Also, having regular mealtimes helps establish rhythms for sleep and wakefulness.

- Make your bedroom a haven, i.e. put bills elsewhere. Optimize room temperature and make sure your mattress and pillow are comfortable. Earplugs might assist with noise problems.

- Decrease fluids after 6:00pm, and avoid coffee, tea and cola drinks containing caffeine. Avoid alcohol as evening drinking is often followed by wakefulness a few hours after bedtime.

- Avoid napping during the daytime or snoozing while watching TV in the evening. Even brief snoozing will interfere with restful sleep at night. Stay active during the day, even if it is difficult.

- If unable to go to sleep, go to another room rather than stay in bed. Plan to go to bed later, i.e., if you cannot fall asleep for two hours, go to sleep two hours later.

- Prepare for sleep by having a light snack at bedtime, such as a banana, milk or yogurt.

- Establish a pre-sleep routine such as choosing clothes for the next day and doing a relaxation exercise.

- Trying to sleep may actually keep you awake. Instead, wait patiently for sleep. Relax; breathe slowly; focus on positive thoughts. You can also listen to music or read until you are ready to drop off.

If your sleep difficulties persist and you become concerned about the problem, counselors at the University Counseling Services in Bayramian Hall, room 520, are there to help. You may also consult with your physician.

University Counseling Services
818-677-2366
TTY 818-677-7834