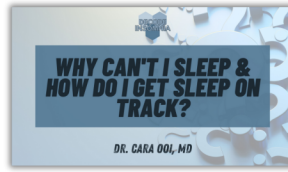




Healthy Sleep Tips

This handout accompanies the DECODE Insomnia Video series. If you don't see progress or find it hard to stay consistent



with these tips, you may need a different approach and more support. Visit www.decodeinsomnia.com to learn about consultation & treatment options at the DECODE Insomnia Clinic.

LIMIT DAYTIME SLEEP

Keep your wake-up time as consistent as possible. Avoid naps. If you must, nap earlier in the day and limit the nap duration.

LIMIT TIME AWAKE IN BED

Get into your bed only when 'on the edge' of sleep. When unable to sleep, use the Cozy Nook and your Sleep Kit. Aim for no more than 30-60 min/day awake in your bed for any reason. Reserve your bed for sleep only.

TIME SLEEP PROPERLY

Time sleep based on when you have enough sleep drive (*Have I been awake for at least 14 hours? Did I nap? Was I physically active enough?*) **AND** the current timing of your body clock.

TIME LIGHT CUES

Reduce light as much as possible in the evening (starting 3-5 hours before bedtime) and overnight. Obtain bright light in the morning after waking.

PLAN AHEAD FOR TRICKY MOMENTS

Plan ahead to better navigate tricky moments like when it's time to wake up or power down for sleep. Set up a bedtime routine. Create a wake-up plan. Learn strategies to address a busy mind. Schedule fun plans with others to help you wake up and avoid daytime sleep.

OTHER TIPS

Avoid caffeine within 10 hours of sleep.
Reduce or avoid food & drink a few hours before bedtime (if appropriate).
Avoid nicotine, alcohol, and cannabis.
Address noise, temperature and comfort.
Increase physical activity but avoid vigorous exercise within ~3 hours of bedtime.

NOTE: With time, the information and links on this handout may become outdated. For the latest updates and information, visit www.decodeinsomnia.com.