

# Sleep Habits for Better Sleep

## I. Maintain a comfortable sleep environment

1. Lighting: Indoor lighting should be dim and bright lights should be avoided.
2. Temperature: The recommended temperature of a bedroom is 25 to 26°C, which can be achieved by the moderate use of air conditioners and fans.
3. Noise reduction: Keep the bedroom quiet. If there are unavoidable noise sources outside the house, such as railroads, roads, and bridges, soundproof windows or other soundproofing equipment can be installed in the bedroom in order to ensure a quiet sleep environment. Creating some background noise by playing relaxing music or turning on the fan can help reduce the impacts of external noise. You can also remind other members of your family to not disturb you when you are sleeping.
4. Diet: Avoid consuming alcohol, caffeine (including tea), or energy drinks within four to six hours before sleeping. Avoid having large meals (supper) within three hours before sleeping. Even though alcohol temporarily induces sleep, it will disrupt sleep after it is metabolized.

## II. Maintain a consistent sleep time

1. Maintain a regular sleep time. Consider going to bed at 11 pm and sleeping for seven to eight hours and no more than nine hours.
2. If you are unable to fall asleep after lying in bed for 30 minutes, you can get out of bed and do some light exercise, stroll around, or read, and then go back to bed when you feel sleepy. Avoid going online or watching television.
3. Maintain a regular work/rest schedule every day. Avoid sleeping in, taking short naps, and catching up on sleep during off days.
4. Keeping a sleep diary helps you to understand and improve your sleep habits.

## III. Regulate your circadian clock by controlling your exposure to light

1. Control the bedroom's lighting by avoiding overly bright sources of light. If you wake up the next day feeling sluggish, you can open the curtains or blinds before sleeping and allow the sunlight to awaken your circadian rhythm.
2. Those who work the night shift can wear sunglasses when getting off from work

in the morning, so as to prevent the daylight from impacting their daytime sleep; also ensure that the bedroom is kept dim.

3. Maintain adequate lighting in work settings.
4. Those who suffer from delayed sleep phase disorder should receive light exposure during the daytime. Those under 65 years of age should receive 45 minutes of exposure; those over 65 years of age should receive 60 minutes of exposure.
5. Those who suffer from advanced sleep phase disorder should avoid light exposure during the daytime. Those who are used to exercising during the day can wear sunglasses and receive light exposure at 4 to 5 pm.

#### **IV. Exercise regularly**

1. Exercise at least 30 minutes a day for three days a week.
2. Maximum heart rate during exercise:  $(220 - \text{age}) \times 0.8$
3. Daytime exercise can help improve one's vitality during the day and improve the quality of nighttime sleep; however, vigorous exercise within three hours before sleeping should be avoided.

#### **V. Use of hypnotics**

Those who are prescribed hypnotics should take their medications regularly and avoid adjusting or withdrawing from their regimen. They should discuss with their physician if they encounter medication-related problems.

#### **VI. Control the duration of an afternoon nap**

A healthy afternoon nap should last for 20 to 30 minutes because the body enters deep sleep after 30 minutes. This will easily disrupt the circadian rhythm and affect nighttime sleep.

**NTUH Center of Sleep Disorder** cares about you

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