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SLEEP HYGIENE:

Getting proper and effective sleep is key to general well-being. Although sleeping medications can be used to help sleep on occasion, it is best to develop proper habits to enhance sleep. These habits are called "Sleep Hygiene Rules" Here is the list:

- NO COFFEE OTHER THAN 1ST IN THE MORNING
- NO ALCOHOL
- NO NAPPING
- EXERCISE A BIT EACH DAY
- DO NOT READ OR WATCH TV IN BED
- IF YOU AWAKEN DURING SLEEP, OR CANNOT FALL TO SLEEP (OR FALL BACK TO SLEEP), LEAVE YOUR BED AND SIT IN A CHAIR OUTSIDE OF THE BEDROOM UNTIL YOU ARE SLEEPY AGAIN....& THEN GO BACK TO BED AND TRY TO SLEEP

For more information:

<http://healthysleep.med.harvard.edu/healthy/getting/overcoming/tips>