



Tips for a Better Night's Sleep

Before getting into bed:

- Establish a regular routine for bedtime.
- Create a positive sleep environment.
- Relax.
- Avoid alcohol, smoking and caffeine for at least a few hours before bedtime.
- Do not go to bed unless you are sleepy.

While in bed:

- Turn your clock around (or cover it) and use your alarm if needed.
- If you can't fall asleep in 20 minutes (based on your internal sense of time), get out of bed and do something relaxing (reading, listening to music, etc.). Return to bed only when sleepy.
- Use your bed only for sleep and intimacy.

During the daytime:

- Wake up at the same time, even on weekends.
- Avoid naps.
- Avoid caffeinated beverages and heavy meals as bedtime approaches.
- Exercise regularly, but not within four hours of bedtime.

Cleveland Clinic Sleep Disorders Center

Appointments: 216.636.5860
General questions: 216.444.2165
clevelandclinic.org/sleep

Red Flag: Sleep Deprivation Signals

What are some signs of sleep deprivation?

Signs of sleep deprivation include:

- Excessive daytime sleepiness
- Inattention
- Irritability
- Hyperactivity
- Depression
- Impatience and/or mood swings, plus low self-confidence
- Low tolerance for frustration or other impulse control problems
- Reports of drowsy driving or dozing off or head nodding while you are driving
- Hitting the alarm clock snooze button repeatedly
- Consistently feeling unmotivated or lacking energy

If you have been suffering from signs of sleep deprivation, make an appointment to see a Cleveland Clinic Sleep Disorders specialist by calling **216.636.5860** or toll-free **866.588.2264**.