

CT Children's CLASP Guideline Family Handout

Migraines and Other Headache Disorders

FAMILY HANDOUT: SLEEP HYGIENE

TIPS FOR A GOOD NIGHT'S SLEEP

1. Go to bed and wake up close to the same time each day, even on weekends.
2. Get up at about the same time every day, regardless of what time you fell asleep.
3. Establish a relaxing bedtime routine. This might include:
 - A warm bath or shower
 - Aroma therapy
 - Reading
 - Listening to soothing music
4. Sleep in a room that is dark, comfortable, and quiet – no TV in the bedroom!
5. Sleep on comfortable mattress and pillows.
6. Finish eating at least 2-3 hours prior to your regular bedtime.
7. Do not consume any caffeinated drinks (soda, coffee, or tea) within 6 hours of bedtime. No alcohol or smoking within 2 hours of bedtime.
8. Exercise regularly, but make sure to finish a few hours before bedtime.
9. Avoid long naps. If you have to nap, take a 5-10 minute power nap instead.
10. Try to go to bed only when sleepy. If you don't feel sleepy 10-15 minutes of lying in bed, go to another room and read or relax until you feel sleepy. Do this as many times during the night as needed.
11. Lay in bed only for sleeping, not for texting, talking on the phone, surfing the internet, or watching TV.
12. Do you tend to worry while lying in bed? Try designating a specific time during the day to write down and think about problems and possible solutions.
13. When the temperature drops, make sure to keep your feet and hands warm. Wear warm socks and/or mittens or gloves to bed.