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**HEALTHY SLEEP HABITS**

**What is Insomnia?**

Trouble falling asleep, staying asleep, or waking up in the morning to early and not able to go back to sleep for more than 1 month.

**What causes Insomnia?**

* Poor sleep habits
* Some medications
* Health conditions like Anxiety, **ADHD**, Depression, Allergies, Asthma, Snoring, Pain

 **Healthy Sleep Habits**

* Go to bed around the **same time,** even on weekends. Usually infants and toddlers need more than 12 hours of sleep, children around 10 hours, teens around 9 hours and adults around 8 hours

* Follow the **same routine** every night. For example: warm bath, brush teeth, read for relaxation
* End the evening quietly **without** rough and tumble play, TV, phones, video games or computers for **ATLEAST ONE HOUR** before bedtime
* Keep your bedroom **cool, relaxing, quiet** and with a nightlight if needed
* Take **distractions** out of the room especially TV, computer, phones, video games, toys etc.
* Get up around the **same time** every day, even on weekends.
* **No Naps** during the day (unless younger than age 5)
* Eat lighter meals/snacks in the evening and **No Caffeine** after 5 pm.