



Sterling Rock Falls Clinic, Ltd.
101 E. Miller Road Sterling, IL 61081
(815) 622-1209

CGH Sleep Center
100 E. LeFevre Sterling, IL 61081
(815) 625-0400 Ext. 5687



Department of Sleep Medicine

Sleep hygiene guidelines

1. Maintain consistent sleep onset and wake-up times.
2. When naps are taken, limit them to less than 30 minutes.
3. Perform any desired exercise or vigorous activities, including work projects, at least 4 to 6 hours before bedtime.
4. Devote 30 to 60 minutes to performing a relaxation routine, whether that be reading, watching television, doing a puzzle, or sorting through problems, before attempting to sleep.
5. Limit all caffeine products (i.e., coffee, tea, chocolate, sodas), especially in the evenings.
6. Recommend leaving the bedroom when not sleepy.
7. Use the bedroom for sleep and sexual relations only.
8. Avoid meals and heavy snacks before bedtime.
9. Avoid environmental disturbances that could be disruptive to sleep.
10. Avoid alcohol consumption.