Ways to promote sleep

• Avoid caffeine and nicotine, as they cause sleeplessness
• Avoid alcohol, which interferes with normal sleep patterns and worsens breathing problems at night
• Exercise during the day if possible
• Avoid strenuous activity during the two hours before bedtime
• Keep the bedroom quiet, dark and relatively cool
• Do not carry out work tasks or watch television in bed
• Limit drinking fluids just prior to bedtime
• Keep a regular sleep schedule
• To relax, take a bath or carry out other quiet routine e.g. read a book, listen to music
• Do your worrying during the day, ask your therapist about techniques that may help you relax
• If unable to get to sleep you may benefit from getting up until you feel tired e.g. read a book
• Use relaxation techniques