



NZ RESPIRATORY & SLEEP INSTITUTE

95 Ascot Avenue, GREENLANE
326 Sunset Road, Windsor Park, NORTH SHORE
2B Glasgow Road, PUKEKOHE
09 638 5255
0800 895 120
09 638 6022 (Fax)
referrals@nzrsi.health.nz

Good Sleep Habits from NZRSI

1. The bedroom is for sleep and intimacy only.
2. Keep to the same sleep schedule. I.e. go to sleep and wake up at the same time every day, even on weekends.
3. Reduce light, noise, and extreme temperatures in the bedroom.
4. Avoid caffeine, alcohol and nicotine before bedtime.
5. Avoid a heavy meal or vigorous exercise within 2 hours of bedtime.
6. Develop a bedtime routine so your body knows you are getting ready to go to sleep.
7. Avoid electronic screens at least 30 minutes before bedtime. A quiet activity such as reading is ideal.
8. Don't go to bed unless you are feeling sleepy. If you try to go to bed too early, then you may struggle to fall asleep and get frustrated.
9. Do not stay in bed if you're awake. If you can't fall asleep within approximately 20 minutes (estimate only), then get up and do something mundane until you feel sleepy again.
10. Reduce long naps during the day. A 10–20-minute power nap can occur in the early afternoon if feeling very tired.