

Sleep Centre



Sleep Hygiene: Tips for Sleeping Well

Clinical Sites:



Singapore
General Hospital
SingHealth



Changi
General Hospital
SingHealth



Sengkang
General Hospital
SingHealth



KK Women's and
Children's Hospital
SingHealth

Sleep Hygiene

Sleep hygiene is a variety of practices and habits which help us to achieve a good night's sleep. These are simple tips to improve your sleep. It is important to be consistent in these habits. They may not work immediately, but most patients will benefit by sticking with them and their effects will be felt over time.

- 1 Avoid cigarette smoking and taking caffeine (coffee, tea, chocolate, cola), spicy and sugary food 4 - 6 hours before sleep as these stimulants can keep you awake.



- 2 Avoid large meals or excessive water intake before bedtime. A full stomach or bladder makes it difficult to fall asleep.

- 3 Avoid alcohol. It may bring on sleep but it increases the number of awakenings later at night.



- 4 Turn your bedroom into a sleep-inducing environment – keep it quiet, dark, and cool. Limit bedroom activities to sleep and intimacy only. This helps your mind associate your bed with sleep.

- 5 Establish a soothing bedtime routine – such as taking a warm bath, having a light snack, or reading a book.



- 6** Keep to a consistent sleep schedule – going to bed and waking up at the same time every day helps to maintain the body’s “internal clock”. This also applies to weekends.



- 7** Nap early – or not at all. It is recommended to take a nap of 20 to 30 minutes before 3pm if you need to.

- 8** Don't be a nighttime clock-watcher – worrying about sleep increases stress and makes it harder to fall asleep. Place your clock out of sight.



- 9** If you are not asleep after 20 minutes, get out of bed and engage in a quiet, restful activity such as reading or listening to music. Return to bed only when you feel sleepy. This also applies if you wake up in the middle of the night and have trouble falling back to sleep.

- 10** Exercise regularly – and try to do it earlier in the day. Strenuous exercise in the late evenings may cause your body and mind to become overactive.



- 11** Ensure at least 30 minutes of exposure to bright light each morning, for e.g. by taking a walk outdoors or by sitting next to a bright window during breakfast. This will help to entrain your body clock daily, increase the level of alertness during the day and help you fall asleep more easily at night.

- 12** If you do shift work, try to stay on the same schedule for at least 7 days.



Sleep Centre

Clinical Sites:



Singapore General Hospital
SingHealth

Sleep Centre

Outram Community Hospital
SingHealth Tower, Level 3

-  10 Hospital Boulevard, Singapore 168582
-  6321 4377
-  www.sgh.com.sg



Sengkang General Hospital
SingHealth

Clinical Measurement Centre- Sleep Diagnostics

Medical Centre, Level 6

-  110 Sengkang East Way, Singapore 544886
-  6930 6000
-  www.skh.com.sg



Changi General Hospital
SingHealth

Changi Sleep & Assisted Ventilation Centre

Medical Centre, Level 2

Sleep Laboratory

Integrated Building, Level 8, Ward 58

-  2 Simei Street 3, Singapore 529889
-  6850 3333
-  www.cgh.com.sg



KK Women's and Children's Hospital
SingHealth

Sleep Disorders Centre

Children's Tower, Level 8, Ward 86

-  Bukit Timah Road, 100, Singapore 229899
-  6294 4050
-  www.kkh.com.sg



Singapore General Hospital



Changi General Hospital



Sengkang General Hospital



KK Women's and Children's Hospital



National Cancer Centre Singapore



National Dental Centre Singapore



National Heart Centre Singapore



National Neuroscience Institute



Singapore National Eye Centre



SingHealth Community Hospitals



Polyclinics SingHealth