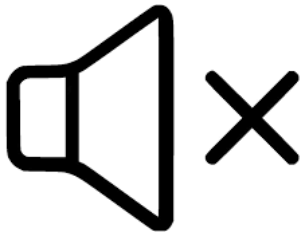


# Sleep Hygiene

**Keep it quiet.**



**Keep it cool  
64 Degrees.**



**Keep it dark.**



**Avoid alcohol 2  
hours before  
bedtime.**



**Stick to a routine.**



**Avoid caffeine 6-8  
hours before bedtime.**



**If you have a hard time shutting down your mind for sleep:**

- Write your worries or to-do lists on paper. Keep it by your bed.
- Do deep belly breathing: 4s in 6s out.
- Count backwards on your exhales with odd numbers from 99 to 0.
- Muscle relaxation exercise.
- Read a book.
- Stay off TV or other electronics.
- If you still can't sleep, get up and stretch, take a warm shower, do something boring or non-enjoyable. After about 45 minutes, or if you start getting sleepy, try going back to bed.

**Over 1/3 of first responders have a diagnosable sleep disorder: insomnia, obstructive sleep apnea, shift work disorder, or restless leg disorder.**



**If you are constantly feeling fatigued even after having 24 hours off and having slept, you should get your sleep tested.**

