

SOME ADVICE FOR A GOOD **NIGHT'S SLEEP**

If you suffer from insomnia, following some simple rules can help reduce, even completely eliminate the symptom.

All in all

- Observe your normal bed time and when you get up, maintain the same rhythm at the weekend and during holidays.
- Restrict the time you spend in bed to the hours of sleep that you needed before the insomnia appeared.
- Avoid all siestas.
- Regular physical activity is favourable for a good sleep. This activity should be terminated about 3 hours before going to bed and should not be exhausting.
- Organise your days to give you enough free time in the evening.
- Consult your doctor on whether your prescribed medicaments interfere or not with the quality of your sleep.

Before going to bed

- Limit or avoid copious meals ; meals should be finished 2 hours before going to bed. Do not drink too much in order to avoid having to get up to go to the bathroom. Avoid alcoholic drinks or those containing caffeine.
- Reduce or abstain from smoking in the evening.
- If you have the tendency to brood over your problems when you are in bed, then decide to do this in a “reflecting period” lasting about 20 minutes before going to bed. Take account of the problems and solutions that come to you, then think no more of them once the 20 minutes is passed.
- Get into an agreeable and calming ritual before going to bed (hot shower, a good book, relaxation, soft music, etc...).
- Give up all activities that keep you awake (professional reading, thrillers, animated discussions, etc...).

During the night

- You cannot order yourself to go to sleep ; let yourself go by thinking of a pleasant situation.
- If you cannot get to sleep within 20 minutes, leave your bedroom, undertake a calm activity with soft lighting.
- Only return to bed when you feel sleepy. Don't give too much importance to the time. Whatever the quality of your night, get up at the usual time (during the week as well as Saturday-Sunday).
- If you wake up in the middle of the night and you cannot get back to sleep, the same recommendations mentioned above also apply.

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