



## SLEEP FACTS

- Shortening the time in bed seems to solidify sleep. Long times in bed are associated with fragmented, shallow, and non-restorative sleep.
- Remaining in bed when unable to sleep is a bad idea. It leads to tossing and turning, clock watching, and getting frustrated about being unable to sleep – all of which can cause a negative association between the bed and sleep.
- Doing things other than sleeping in bed (e.g., watching television, reading, eating, etc.) can worsen insomnia, since the brain begins to associate the bed with activities other than sleep.
- Going to bed only when sleepy can help develop a strong association between the bed and sleep.
- Awakening during the night is perfectly normal – even up to several times per night.
- Occasional noises, light, and inappropriate bedroom temperature can disrupt sleep and cause daytime fatigue.
- A regular out-of-bed time in the morning, seven days a week sets the circadian clock. Getting up at the same time every day is the most important change you can make to resolve insomnia problems.
- When nighttime sleep is poor, getting out of bedtime at a regular time can be difficult. However, a regular bedtime (regardless of how much sleep was obtained the night before) can help to create a stronger "sleep drive" at night.
- Napping during the day decreases "sleep drive" at night.

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