

Sleep *diary*

Full name: _____

Date of birth: _____ Period from: _____ to: _____

Please fill in the diary **every morning** and bring it to your next appointment.

[illegible]

Sleep *hygiene*

Sleep hygiene is a set of habits that help you sleep better. The basics: no alcohol or cigarettes, coffee and other caffeinated drinks no later than 12:00, dinner three hours before bed, a dark, quiet and aired bedroom (16–21 °C), and the bed used only for sleep and sex, not for work, study, your phone, TV or the internet.

With insomnia, the basics alone are usually not enough. The rules below strengthen sleep and reduce tension. Without them, insomnia treatment works much less well.

Building up the need for sleep

1. Cut down the time you spend in bed

Lying in bed longer does not lengthen sleep, it only makes it shallower, and lying awake also reduces the need for sleep. With insomnia, 6.5–7 hours in bed is usually recommended until the problem passes.

2. Get physically tired in the late afternoon or early evening

Ideally at least 30 minutes of exercise five times a week. Finish moderate exercise at least an hour before bed, and intense exercise three hours before.

3. Avoid lying down to rest during the day

Every nap reduces your need for sleep at night, especially after 15:00. Afternoon sleepiness is better shaken off with activity.

4. Avoid taking sleeping pills regularly

They do not give natural sleep. Use them briefly, for 2–4 weeks at most, then only on selected days, no more than 15 times a month.

Strengthening the sleep rhythm

5. Keep a regular routine and get up at the same time every morning

A fixed wake-up time and an active start to the day (washing, breakfast, daylight, work) set your sleep-wake rhythm. Sleeping in on days off pushes that rhythm later.

6. Avoid bright and blue light in the evening

Even a phone or tablet screen resets your body clock, delays falling asleep and increases the risk of waking up. At night, don't turn on the TV or other electronics.

Reducing mental tension

7. Don't force sleep, go to bed only when you feel sleepy

Sleep cannot be consciously controlled. The harder you try, the harder it is to fall asleep.

8. Get out of bed if you can't sleep

Waiting a long time for sleep raises tension, and the bed stops being a place of rest. Get up and come back after 15–20 minutes, once the tension has eased.

9. Keep the clock out of sight in the bedroom

Counting how long is left until the alarm winds up tension. If you must check the time, do it outside the bedroom.

10. Keep a sleep diary

Sleep is assessed over a longer period. Fill in the diary in the morning, based on how you remember the night. Minute-by-minute accuracy is not needed, and don't look at the clock at night.