

Checklist for a Good Sleep

Sleep problems are common in psychosis. You may find that you spend a lot of time in bed sleeping but just don't feel rested. Or you may find that you have a lot of problems falling asleep.

Here are some things that you can do to help you get better sleep. You'll find that getting good sleep every night will help you feel better during the day.

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- Set a time to go to bed and wake up and stick to this seven days a week.

 - Avoid caffeine, alcohol and nicotine after dinner.

 - If sleep does not occur after 30 minutes, get up and engage in a quiet activity like reading until sleepy again.

 - Avoid heavy exercise after dinner.

 - Do something relaxing to unwind before going to bed.

 - Avoid using the bed as a place for reading, watching TV, eating or working.

 - Keep your bedroom dark, quiet and at a comfortable temperature. Make sure your bed is comfortable.

 - Only use sleeping medication as prescribed by your doctor.
