



Sleep hygiene

Swipe →

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Sleep hygiene is a behavioral and environmental practice developed in the late 1970s as a method to help people with mild to moderate insomnia.

02

Clinicians assess the sleep hygiene of people with insomnia and other conditions, such as depression, and offer recommendations based on the assessment.

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There are also computerized assessments such as the Sleep-EVAL system, which can be employed in the diagnostic process.

04

**Clinicians choose
among
recommendations for
improving sleep quality
for each individual.**

05

Most research on sleep hygiene principles has been conducted in clinical settings, and there is a need for more research on non-clinical populations.

06

Sleep hygiene strategies include advice about timing of sleep and food intake in relation to exercise and the sleeping environment.

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