

Sleep hygiene

- Make sure your bed is comfortable and the room temperature is reasonable (neither too hot nor too cold).
- Ensure that the room does not have too much light coming in.
- Loud noises can cause sleep problems so if you live next to a busy road take steps to sound proof your room.
- Go to bed only when you are feeling tired. If you don't sleep within twenty minutes of going to bed get up and try to relax in another room.
- Don't watch TV in bed. Watching a thriller or a scary movie can make your adrenaline levels go up and lead to difficulty in sleeping.
- Avoid coffee and tea before bedtime. A milky drink may be more helpful.
- Exercise during the day can ensure good sleep at night.
- Avoid alcohol. People drink as they find it sedating and it can help you doze off but alcohol interferes with sleep in the later part of the night.
- At times medication like water tablets can cause you to go to the toilet in the middle of the night. Discuss it with your doctor. Merely changing the time can lead to a sound sleep.
- Some people find relaxation techniques like yoga helpful.

According to the NICE (National Institute for Clinical Excellence) an official body, which issues treatment guidelines, sleeping tablets should only be used for a short periods and for severe sleep problems. They should be prescribed when cause of insomnia is known and underlying problems are being addressed. Most sleeping tablets belong to the group of tablets, which are used to treat anxiety and are likely to cause dependence and tolerance.