

## *TROUBLE SLEEPING ?*

*Have More Energy During the Day  
By Sleeping Better at Night !*



Learn some simple techniques  
to try if you have trouble  
sleeping and when to  
see your doctor.

Huntington Beach Hospital and Circle of Friends  
Cordially invite you to their Monthly Seminar for Seniors

**GUEST SPEAKER**

**John W. Wang, M.D.**

Diplomate American Board of Internal Medicine  
President, Circlemed Healthcare

When: Thursday, March 16, 2006

Time: 11:30 AM

Where: Lower Level, Huntington Beach Hospital

Lunch: Will be served

For more information or to make your reservation, please call the Circle of Friends  
office at (714) 843-5061 no later than March 9, 2006.

# Good Sleep Hygiene

1. Maintain a regular schedule of activities.
2. If exercise is part of your routine, exercise 5 to 6 hours before bedtime. Exercising within less than 5 hours of bedtime is stimulating.
3. Set aside time in the evening for thinking and planning. Do not take your troubles to bed with you.
4. Do something enjoyable and relaxing prior to bedtime. Avoid distressing and stimulating activity before going to bed.
5. Make your bedroom and bed as comfortable as possible - your bedroom should be quiet, dark and cool.
6. Eat a light snack before bedtime; do not overeat or leave yourself hungry.
7. Go to bed when you are sleepy, but get out of bed at the same time every morning.
8. Avoid naps during the daytime. Sleep only during the designated time.
9. Reserve your bed and bedroom only for sleeping. Do not read or watch television in bed.
10. Relax your body in the bed and try to fall asleep. If you encounter difficulty falling asleep, or returning to sleep after an awakening, for 20 to 30 minutes, get out of bed and do something relaxing until you feel sleepy again.
11. Avoid looking at your clock.
12. Avoid all caffeinated foods and beverages.
13. Avoid sleeping medications and alcoholic beverages to induce sleep.