

# Sleep Hygiene Tips for Epilepsy Patients



## Maintain Regular Wake Times

Go to bed and wake up at the same time every day, even on weekends, to support your body's natural sleep-wake cycle.



## Optimize Time in Bed

Aim for 7–9 hours of sleep each night.



## Restrict Caffeine Intake

Avoid caffeine after 12:00 PM. Remember: Half-life of caffeine is 6-8 hours!



## Minimize Distractions in Bed

Avoid activities like watching TV, listening to the radio, or eating in bed. Soft, continuous “white noise,” like a fan or white noise machine, is acceptable.



## Turn the Clock Away

Keep your alarm clock out of view to prevent stress about the time if you wake up during the night.



## Establish a Calming Bedtime Routine

Create a relaxing pre-sleep routine, such as reading, taking a warm bath, or practicing mindfulness to signal to your body that it's time to wind down.



## Maximize Daytime Light Exposure

Spend time outside or near a window during daylight hours to regulate your circadian rhythm.



## Avoid Late Afternoon Naps

If you need to nap, limit it to earlier in the day and keep it under 30 minutes.



## Use the Bed for Sleep and Intimacy Only

Reserve the bed for sleep and intimacy to strengthen the mental association between your bed and restful sleep.



## Sleep-Conducive Environment

Keep the sleeping environment cool (around 68°F), dark (consider using blackout curtains or an eye mask), and quiet.



## Time Exercise Appropriately

Engage in aerobic exercise earlier in the day. Avoid vigorous exercise within two hours of bedtime, but light stretching or relaxation exercises are fine.



## Limit Evening Light Exposure

Reduce exposure to bright light, including screens, at least 1–2 hours before bedtime. If screen use is unavoidable, consider using blue-light-blocking glasses or enabling the blue-light filter setting on your devices.