

What Do I Do If I Can't Sleep?

It's important to practice good sleep habits, but if your sleep problems continue or if they interfere with how you feel or function during the day, you should talk to your doctor. Before visiting your doctor, keep a diary of your sleep habits for about ten days to discuss at the visit.

Include the following in your sleep diary, when you—

- Go to bed.
- Go to sleep.
- Wake up.
- Get out of bed.
- Take naps.
- Exercise.
- Drink alcohol.
- Drink caffeinated beverages.

Also remember to mention if you are taking any medications (over-the-counter or prescription) or supplements. They may make it harder for you to sleep.