

Table 1. Inadequate sleep hygiene: ICSD diagnostic criteria. At least one of the following is present.¹⁸

1. Daytime napping at least two times each week.
2. Variable wake-up times or bedtime.
3. Frequent periods (two to three times per week) of extended amounts of time spent in bed.
4. Routine use of products containing alcohol, tobacco, or caffeine in the period preceding bedtime.
5. Scheduling exercise too close to bedtime.
6. Engaging in exciting or emotionally upsetting activities too close to bedtime.
7. Frequent use of the bed for non-sleep-related activities (e.g. television watching, reading, studying, snacking, etc.).
8. Sleeping on an uncomfortable bed (poor mattress, inadequate blankets, etc.).
9. Allowing the bedroom to be too bright, too stuffy, too cluttered, too hot, too cold, or in some way not conducive to sleep.
10. Performing activities demanding high levels of concentration shortly before bed.
11. Allowing mental activities, such as thinking, planning, reminiscing, etc. to occur in bed.