

USC Center for Work & Family Life

Tips for Sleeping During the Day

Adjusting some of your behaviors and elements in your bedroom will help you sleep better.

- 1 Wear dark glasses.** Light has an alerting effect, and it influences your internal clock. Begin to limit your light exposure at the end of your shift to let your body unwind. When you leave work during the day, wear sunglasses on your way home.
- 2 Darken your bedroom.** Use darkening shades or curtains to keep your room dark and conducive to sleeping.
- 3 Make your bedroom quiet.** During the day there are more likely to be noises from both inside and outside your home that can easily disrupt your sleep. Use a white noise machine or fan to block sounds, and wear earplugs as well.
- 4 Keep people informed.** Let your family and friends know when you need to sleep undisturbed. You may even want to have a “Shhh...sleeping” sign on your bedroom door for times at which you’re sleeping.
- 5 Keep cool.** A cool room temperature is best for sleeping. Many people set their home temperature controls to be lower at night and higher during the day, so be sure to adjust your home to stay cool for your daytime sleep as well.
- 6 Manage your caffeine consumption.** Caffeine stays in your system for many hours. Try limiting your caffeine consumption several hours before you wish to fall asleep, so that your body has time to unwind.
- 7 Avoid alcohol before bed.** Many people think alcohol helps them sleep, but it can have the opposite effect. Alcohol may help you fall asleep initially, but it can cause you to wake up too early or have otherwise disturbed sleep.
- 8 Maintain good sleep habits.** Healthy sleep habits are important for day sleepers.