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# Knowledge and practice of sleep hygiene techniques in insomniacs and good sleepers

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## Abstract

An instrument was developed to assess sleep hygiene knowledge and practice in 44 sleep-onset insomniacs, 49 sleep-maintenance insomniacs and 50 good sleepers. Multivariate ANOVAs revealed that insomniacs had more general sleep hygiene knowledge than good sleepers, but practiced it less often. Sleep-onset and sleep-maintenance insomniacs had equivalent hygiene awareness, but the former group had less healthy hygiene practices. Hygiene knowledge was most deficient regarding the effects of nicotine, sleep medication, alcohol and exercise; hygiene practice needed most improvement in the areas of regular exercise, prebedtime relaxation and managing prebedtime worry. The results suggest that poor sleep hygiene is not a primary cause of insomnia; however, behavior therapists should continue to include this element in treatment to help insomniacs avoid exacerbation cycles.



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