Regular sleep is defined as having a set bedtime and wake-up time.
- Regular sleep is essential for health and well-being.
- Sleep timing and duration are regulated by the two-process model.

**Circadian rhythm** (process C): Our internal clock regulated by melatonin secretion and zeitgebers, the strongest of which is light.
**Homeostatic control** (process S): Promotes sleepiness depending upon the previous duration of time spent awake.

Sleep regulation can be disrupted by our behaviors, such as:
- Delaying bedtime
- Bright light exposure before bedtime
- Environmental disruptions, such as having pets in the bedroom
- Poor sleep hygiene

Establish a set sleep and wake time, even on weekends.
- Avoid naps during the day or limit to <1 hour
- Avoid activities in bed other than sleep and sex
- Avoid bright light exposure, alcohol intake, and tobacco smoking prior to bedtime
- Avoid caffeine after lunch or 6 hours prior to bedtime