

Sleep Hygiene

Simple Steps to Improve Your Sleep



Calm Your Mind

- Find relaxing rituals
- Create a bedtime routine that helps you associate the rituals with sleep and eases you into falling asleep
- Consider guided meditation and mindfulness



Take Care of Your Body

- Avoid eating or exercising close to bedtime
- Avoid caffeine after lunch and alcohol 4-6 hours before bedtime
- Nicotine stimulates the brain; avoid tobacco before bedtime



Improve Your Sleep Environment

- Sleep in a comfortably cool, dark, and quiet room
- Avoid reading or working in bed
- Turn off all electronic devices 30 minutes prior to bedtime



Establish a Schedule

- Establish a set sleep and wake time, even on weekends
- Avoid naps during the day or limit to <1 hour
- Only go to bed when sleepy and leave if unable to fall asleep