

Sleep Hygiene

Sleep is vital for a healthy body and mind.

Try these healthy sleep practices to improve you sleep:

- 1) **Routine:** Try to go to bed and wake up at the same time daily, even on weekends.
- 2) **Limit:** Limit your time awake in bed, only sleep when sleepy and don't stay in bed awake for more than 20 minutes - get up, do something relaxing until you feel sleep. But still wake up at your normal time, even if you are still tired - it will make it easier to be sleepy at bed time.
- 3) **Activities:** Bed is for sleep and sexy time only.
- 4) **Naps:** Do not nap during the day - if you must, make it less than 20 minutes and before 3:00 p.m.
- 5) **Sleep disruptors:** Avoid caffeine (coffee, tea, chocolate, some medications), alcohol and sleep for at least 4-6 hours before bed.
- 6) **Sleep Rituals:** Create a ritual that you do before bed to remind your body it's time to sleep (bath, gentle stretches, moisturize, journal).
- 7) **Sleep environment:** Keep your bedroom cool, dark and quiet. Try white noise or ear plugs if your room isn't silent.
- 8) **Electronics:** Make your bedroom an electronic free zone: keep phones, tablets, computers and TVs out of room. Avoid electronics for at least 30-60 minutes before bed - the light tells your brain it's time to wake up.
- 9) **Routine:** Keep your daytime routine normal, even if you have a bad sleep, so you can be tired and fall asleep quickly that night.
- 10) **Relaxation:** Try deep breathing for relaxation or sensory grounding to calm your mind as soon as you get into bed.