

10 Tips for Good Sleep Hygiene

Daily habits impact sleep. Here are some habits that you can start to get better sleep. Remember, any small step helps. Choose one to implement today.

1. Set a consistent sleep schedule. Go to bed and wake up at the same time every day.

2. Make your sleep environment conducive to your body (i.e., comfortable temperature, comfortable mattress, pillows, sheets, and blankets), and calming for your mind (i.e., declutter, use calming scents such as lavender).

3. Be mindful of light. Get natural light during the day (i.e., sunlight), and eliminate light pollution in the bedroom (i.e., televisions, tablets, phones, light from outside).

4. Avoid substances that disrupt sleep before bed (i.e., alcohol, caffeine, and tobacco).

5. Develop a relaxing bedtime routine (i.e., avoid screen use 30 minutes - 1 hour before bed). Practice calming activities (i.e. light stretching, reading, breathing exercises or meditation).

If you find yourself tossing and turning for more than 20 minutes - **get out of bed** and go to a low-lit room, without turning on a screen, and do a calming activity until you feel tired again. It's important for your brain to associate sleep with your bed.

Keep a sleep log to understand when you feel rested, and when you feel fatigued. Notice what is a good amount of sleep for your body? Note at what time in the night you are waking, and how you feel when you wake up.

Be consistent with meals, and don't eat too late. Eating large meals right before bed can impact digestion, so any food consumed before bed should be on the lighter side.

Move your body. Getting enough movement (i.e., at least 30 minutes of moderate amount of activity) during the day helps your body to regulate.

Manage stress. Practice stress-management techniques that you find supportive. If you find yourself in bed ruminating on stressful events, bring your attention back to the present moment (i.e., the breath or physical sensations in the body).

Sleep hygiene may not solve challenges with sleep. If your sleep is not improved after implementing, talk with a trusted healthcare provider to explore treatment options.