

PRACTICE SLEEP HYGIENE

5 ways to encourage **healthy** and **consistent** sleep for more restful nights and a healthier life

CONSISTENCY

Go to bed and wake up at the **same time** everyday, even on weekends

- This helps regulate your body's internal clock and makes it easier to fall asleep



SLEEP SANCTUARY

Keep your bedroom:

- **Dark** with curtains or an eye mask
- **Cool** between 60°F and 68°F
- **Quiet** by turning off noisy distractions
- **Comfortable** by using a supportive mattress, pillow, and soft bedding



RELAX & UNWIND

At least 30 minutes before bedtime:

- Turn off electronics, and put your phone away
- Take a warm bath or shower
- Listen to relaxing music
- Write down any thoughts from the day



AVOID DISRUPTORS

- **Caffeine, alcohol, and nicotine** can make it harder to fall asleep or stay asleep. Try to avoid several hours before bedtime.
- Finish eating large, heavy, or spicy **meals** 2-3 hours before bedtime.



DAYTIME HABITS

During the day:

- **Physical activity** can help promote deeper sleep
- Go **outside** for at least 15 minutes
- Avoid long or late **naps**



SLEEP FACT!

Blue light from phones and electronics can disrupt your body's natural melatonin production and keep your brain active.

