

SLEEP HYGIENE

Sleep hygiene is a variety of different practices and habits that are necessary to have good nighttime sleep quality and full daytime alertness.

TIPS & TRICKS



Maintain a regular sleep routine

Go to bed at the same time, wake up at the same time.

Avoid naps if possible

We need a certain amount of sleep in 24 hours. We need that amount and no more.

Don't watch TV or read on your Tablet or Phone in bed

The bed is reserved for two things and watching TV and reading is none of them.

Don't stay awake in bed for more than 5-10 minutes

If your mind is racing, get up, sit in the dark in a chair and go back to bed when you feel tired again. No internet or TV during that time!

Drink caffeinated drinks with caution

The effects of caffeine may last for several hours. Remember that soda and tea may contain caffeine as well.

Avoid inappropriate substances that interfere with sleep

Cigarettes, alcohol and over the counter medication can interfere with sleep.

Exercise regularly!

Ideally before 2PM, try to avoid rigorous exercise right before going to bed

Have a quiet, comfortable bedroom

Set it to a cool temperature and keep it dark at night. Eliminate all background noise.

