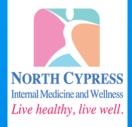
# **SLEEP HYGIENE**



**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.

