

# 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.

### **Get Morning Sunlight**

Aim to get sunlight within 30-60 minutes of waking up. Even just 5-10 minutes is beneficial.

### **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.

