



Sleep Hygiene

Sleep Hygiene refers to habits and behaviors that can help improve sleep. Our daily routines – what we eat and drink, how and when we exercise, the drugs and medicines we consume, how we schedule our days – can significantly affect the amount and the quality of the sleep we get. Because sleep is so fundamental to health and well-being, good sleep hygiene can make a big difference in people's lives. Examples of good sleep hygiene include the following:

1. Maintain a regular bedtime and awakening time schedule including weekends. Get up about the same time every day, regardless of what time you fell asleep.
2. Establish a regular, relaxing bedtime routine. Relaxing rituals prior to bedtime may include a warm bath or shower, aroma therapy, reading, or listening to soothing music.
3. Sleep in a room that is dark, quiet, comfortable, and cool; sleep on a comfortable mattress and pillows.
4. Use your bedroom only for sleep and sex. Have work materials, computers, and TVs in another room. No watching TV in bed.
5. Finish eating at least 2-3 hours prior to your regular bedtime.
6. Avoid caffeine 6-8 hours before bedtime. Avoid alcohol and smoking within 2-4 hours of bedtime.
7. Exercise regularly but finish a few hours before bedtime.
8. Avoid daytime naps.
9. Got to bed only when sleepy. Lay in bed only for sleeping (not for watching TV or doing work).
10. Designate another time to write down problems and possible solutions in the late afternoon or early evening (not close to bedtime).
11. After 10-15 minutes of not being able to get to sleep, go to another room to read or watch TV until sleepy.

Sources:

- American Academy of Sleep Medicine (<https://sleepeducation.org/?s=sleep+hygiene>)
- Sleep Foundation (<https://www.sleepfoundation.org/sleep-hygiene>)
- Centers for Disease Control (https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html)