

Sleep Hygiene Tips

Here are some tips to help improve your sleep, both throughout the day and in the hours leading up to bedtime:

1. Maintain a consistent sleep schedule. Try to go to bed and get up about the same time each day – even weekends! This will help your body to work out a healthy sleep routine. Most adults need about 8 hours of sleep every night.
2. Get natural light in the morning. Morning sunlight helps to regulate your body's internal clock.
3. Limit your screen time before bed. Avoid exposure to screens such as phones, tablets, and/or computers at least 30 minutes before sleeping, as the blue light can interfere with sleep.
4. Limit naps. If you need to nap, keep it short (20-30 minutes) and early in the afternoon to avoid interfering with nighttime sleep. Make sure you are awake for at least 4 hours before going to bed. Don't allow yourself to fall asleep in front of the TV.
5. Make your bedroom a “quiet” comfortable room. You should have a quiet, dark room with comfortable bedding and good temperature control. Using an eye mask, earplugs, or a fan can also be very effective.
6. Exercise regularly. Regular activity helps keep the body and mind healthy, just be sure to avoid vigorous exercise right before bedtime.
7. Manage stress. Practice relaxation techniques, such as deep breathing or mindfulness, to reduce stress and anxiety that may interfere with sleep.
8. Create a relaxing bedtime routine. Engage in calming activities before bed, such as taking a bath, reading, meditation, or gentle stretching.
9. Limit caffeine, alcohol and nicotine. Avoid using stimulants or drinking beverages that contain caffeine (teas, coffee, pop, etc.) at least 6 hours before bedtime. Use of these products may calm you at the time of use, but can disrupt sleep, especially when consumed later in the day.
10. Avoid heavy meals before bed. Refrain from eating large or spicy meals within a few hours of bedtime.