



Sleep Hygiene

1. Stick to a regular sleep schedule. Go to bed and rise at the same time - even on weekends.
2. Avoid sources of artificial lights in the evening. This can delay the release of hormones that help you feel sleepy and make you feel more awake.
3. Avoid caffeine, nicotine, alcohol and high sugar snacks at night.
4. Reserve 20-45 minutes at the end of the day to wind down, de-stress and prepare for bed.
5. Exercise regularly. Aim for at least 20 minutes of moderate activity per day. Avoid vigorous exercise within 2-4 hours of bedtime.
6. Eat regular meals to maintain your blood sugar levels. Avoid high sugar snacks late at night. Replace them with light, high protein snacks such as apples and nut butter.
7. Make your bedroom quiet. Use earplugs if needed.
8. Make your bedroom cool. High temperatures impede sleep.
9. Make your bedroom dark. Use eyeshades if needed.
10. Reserve your bedroom for sleep. Avoid watching TV and using electronic devices in bed.
11. Only go to bed when sleepy. If you can't fall asleep within 20 min, get up and do something relaxing until you begin to feel sleepy.
12. Do not nap late in the afternoon. Limit early afternoon naps to 30 minutes or less