

# Sleep Hygiene

**Following these guidelines each night can help improve sleep and energy levels, as well as help your physical and mental health. Some people find it easier to choose 2-3 to try for a few days, then add on another 2-3 so it's not an abrupt shift.**

Go to bed and get up at the same time each day, even on weekends if possible (keep a consistent sleep schedule).

Create a relaxing bedtime routine: reading, yoga, crossword puzzles, a bath, etc. an hour before bed, done before or after your nightly hygiene (brushing teeth, etc.). This may look like putting on your pj's, brushing your teeth, then stretching or reading for the last hour before bed and having a snack.

No screens or devices *at least* an hour before bed (tablets, tv, cell phones, etc.) as they limit melatonin production in your brain (melatonin is what makes you feel sleepy).

30 mins. before bed, open the bedroom window to make the room cold.

Use your bed for sleeping only; no devices in bed, no reading in bed, etc. Your brain needs to build a connection between your bedtime ritual, your bed, and knowing it's time to sleep.

When you wake up, get up; don't stay longer than a few minutes in bed after you wake up.

Go to bed, after your nighttime routine, droopy eyed. This means that when you're getting tired, then go to bed directly from your relaxing activity (ie: reading on the couch to bed).

Have a light carbohydrate snack right before bed (trail mix, granola bar, etc.). Our body goes the longest during sleep without food and many people wake up in the night because they are hungry.

Stop drinking fluids (juice, water, etc.) 2-3 hours before bedtime.

If you can't sleep after 20 mins, get up, walk around and/or do something calming in dim light before going back to bed.

