



Sleep Hygiene Tips

Sleep hygiene means having good sleep habits. Follow these tips for better sleep.



Create a Healthy Sleep environment

Make sure your bedroom is quiet, relaxing, dim lit, or dark, and set at a comfortable cool temperature.



Establish a nightly relaxing routine

Be consistent. Go to bed at the same time, and get up at the same time every day even on weekends or during vacations. Aim for 7 to 8 hours of sleep.



Turn off all electronic devices before bedtime

Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom. If you must have a smart phone, make sure it is on "no-disturb" mode.



Avoid large meals, caffeine, and alcohol before bedtime

Don't eat a large meal or fried food before bedtime. If you are hungry at night, eat a light, and healthy snack.



Exercise regularly

Focus on getting at least 30 minutes of physical activity per day in a way that makes you feel good, It can help you fall asleep more easily.



Reduce stress and anxiety

Reading, listening to music, relaxing, mindful meditation or deep breathing before bed can help get you to relax and sleep better.