

# SLEEP HYGIENE

## WHAT IS SLEEP HYGIENE?

Sleep hygiene refers to the healthy habits, behaviours, and environmental factors that can be altered to help improve a good night's sleep

## HABITS THAT IMPROVE SLEEP

### 1. Daytime

- Consistent wake time
- Participate in regular exercise
- Only early/daytime use of caffeine, nicotine and other stimulants
- Avoid going to bed too full or hungry
- Avoid napping or keep naps short before 3pm (i.e. 15-30 minutes)

### 2. Before Bed

- Avoid screen time 30 minutes before bed
- Avoid use of stimulants or alcohol
- Avoid bright lights or loud sounds
- Relax