SLEEP HYGIENE

Sleep Hygiene is behaviors that are conducive to promoting healthier sleeping patterns on a consistent basis. Sleep is vital for your body to repair itself and reenergize for upcoming tasks.

What to DO:

Establish a Sleeping Environment
A dark, quiet room with a comfortable bed. Refrain from having pets sleep with you as they can disturb your sleep cycle. Use your bed only for sleep or sexual intimacy.

Relaxation Training
The more relaxed you are the better your sleep will be.

Sleep Rituals
Do the same thing before bed. This helps communicate with your body it is about to sleep. Reduce mental & physical activity at least 30-minutes before bedtime.

Examples: Slow, easy stretching. Listening to calming music.

Sleep when Sleepy
Go to sleep when you are tired. If you cannot fall asleep within 20-minutes, get up and do a non-stimulating, tedious task.

Establish a Consistent Routine
Try to go to sleep and awaken at the same time every day, including days off/weekends. This helps your body develop a consistent sleeping pattern.

Exercise
Daily exercise can exhaust your body and aid falling asleep.

What to Avoid:

Naps
Napping can alter sleep cycles, making it harder to fall asleep. If a nap is necessary then do so at least 6-hours before your typical bedtime. Keep naps shorter than 20-minutes to help prevent interfering with your sleep cycles.

Caffeine
Caffeine is a natural stimulate that makes falling asleep more difficult. Do not consume caffeine within 6-hours before your typical bedtime. Look at ingredients before consuming food/beverages.

Bright Lights
Bright lights (especially LED lights emitted by cell phones) stimulate your brain to wake up. Turn your phone off or keep in another room.

Nicotine
Nicotine reduces your time in each sleep cycle which shortens your total duration of sleep.

Minimize Alcohol Consumption
Alcohol consumption can alter sleep cycles. Alcohol disrupts the quality of sleep by preventing you from entering into the deepest stage of sleep.

Snacking
Eating late at night can impact your ability to fall asleep.