

SLEEP HYGIENE PRACTICES



Medical journals and sleep experts have identified certain habits that negatively affect sleep and others that improve it. Follow some of these sleep hygiene tips to make the best out of your time sleeping.



Go to sleep at the same time every night

01

Keep daytime naps below 20 minutes



02

03

Avoid phones and other electronic screens at least 30 minutes before bedtime



Keep your bedroom pitch black at night

04



Maintain your bedroom temperature between 60°F and 67°F

05

06

Only use your bed for sleep and sex



07

Wear socks to help signal the body that it's bedtime



Avoid large meals before sleeping

08



Add some white noise to your bedroom

09

10

Avoid alcohol and narcotics



SLEEP PLAN

Time going to bed every day:

Time getting up every day:

TIP

Worrying about not sleeping doesn't help – it just makes it more likely that you won't sleep. Let go of your belief that you have to get eight hours of sleep or you can't function. Stop looking at the clock and stop trying to make yourself fall asleep. It will happen when it happens.