

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 stimulant 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.