

## DO'S AND DON'TS OF SLEEP HYGIENE

### **Go to bed and get up at the same time**

This sets your body's internal clock to help maximize your sleep qualities.

### **Maintain a nighttime routine**

Prepare for bed by developing a relaxing routine.

### **Avoid alcohol, caffeine, and smoking**

These substances disrupt our sleep, especially if consumed close to bedtime.

### **Be physically active**

Regular exercise helps you sleep better. Workouts are best in the morning or early afternoon and should be avoided close to bedtime.

### **Optimize your sleep environment**

Poor quality bedding and an environment which is too hot or cold will make it more difficult to sleep and may cause you to wake up in the middle of the night. Make sure you sleep in a dark room.



### **Avoid screen time in bed**

White or blue light interferes with the body's natural release of melatonin. Tablets, phones, and televisions should not be in the bedroom.

### **Don't stay indoors all day**

Exposure to natural sunlight helps regulate your body-clock.

### **Don't eat heavy meals before bed**

Eating boosts your metabolism which makes it more difficult to fall asleep. Avoid eating 2-3 hours before bedtime.

### **Don't get in bed when you aren't tired**

The bed is for sleeping! If you use the bed as a place to watch TV, paybills, study, eat, etc.; your body will not learn this connection and it will be more difficult to fall asleep.

### **Avoid naps**

Don't take naps during the day if possible so that you are tired at bedtime. If you are unable to make it through the day without a nap, take it early and make it short.



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