



Sleep Hygiene Tips:

- 1. Choose a consistent bedtime and awakening time. Set alarms to be in bed and get out of bed. Follow this as closely as possible.**
- 2. Limit screen time before bed. Blue light from screens affects the release of melatonin, a sleep hormone, from the brain.**
- 3. The bed should be used for two activities: sleep and sex. Use of the bed for other activities like reading or watching TV trains the brain to remain awake in bed.**
- 4. Create a space that is conducive to sleep. A cooler temperature, blankets to your liking, clean sheets, and white noise can help with sleep quality.**
- 5. Consistent bedtime rituals such as washing your face, bathing, stretching or other self-care behaviors remind the brain that it is time to sleep.**
- 6. Avoiding naps, alcohol, caffeine, nicotine, and stimulants at least 4-6 hours before bed can minimize disrupting sleep. Exercise is wonderful but stimulating so should be done earlier in the day.**
- 7. If you cannot fall asleep after 30 mins, get out of bed, exit the bedroom, go to another room with low lighting and do something boring like reading an old textbook.**