

Sleep Hygiene

tips for a better night's sleep

Set a schedule.

For a better night's rest, make a habit of going to bed and getting up at the same time every day, *even on weekends*. Sleeping in is tempting, but can throw off your schedule.

Avoid caffeine later in the day.

Caffeine—even decaf coffee—can stay in the body for up to 10 hours, and can negatively impact your ability to fall asleep and stay asleep.

Avoid napping.

Napping during the day can make sleep more difficult at night. Naps over an hour long or later in the day are especially harmful to sleep hygiene.

Use your bed only for sleep.

When your body associates your bed with calming activities, you're more likely to feel tired when you lie down. Using your phone, eating, or working in bed can have the *opposite* effect, causing your body to associate your bed with wakefulness or even stress.

Make your bedroom comfortable.

Ensure your room is adequately quiet, cool, and dark. Use whatever you need to achieve this (eye mask, fan, white noise, thick curtains, etc.).

Turn off screens.

The blue light emitted by phones, computers, TVs, and other screens can disrupt the body's natural sleep rhythm, and make you feel more awake. An hour before going to bed, switch to *screenless* activities.

Don't force yourself to sleep.

If you haven't fallen asleep after 20 minutes, get out of bed and do something *calming*, like reading, journaling, or drawing. But remember, avoid screens and anything stimulating.

Eat your fruits and vegetables.

Research shows that a balanced and varied diet of fruits, vegetables, whole grains, and low-fat proteins can improve sleep.