

Healthy Sleep Hygiene

BEFORE BEDTIME



Avoid caffeine, nicotine and alcohol before bedtime



Avoid heavy meals within two hours of bedtime



Avoid energetic exercise within three hours of bedtime

GETTING READY TO SLEEP



Develop a bedtime ritual so that your body knows you are getting ready to go to sleep



Reduce extreme light, temperature, and noise in your bedroom



Include an hour of quiet time before bed such as reading, watching TV or listening to music

SLEEP TIME



Keep your sleep regular – same bedtime, same rise time. Aim for 8 hours of sleep each night.



Bedrooms are ONLY for sleep and sex *
How many screens do you have in your bedroom?



If you can't sleep after 20 minutes, get up and do something boring until you feel tired, then try again.

* If you need to be in bedroom - this applies to your bed only

Remember everyone has nights where they can't sleep. The more you worry, the worse this worry can become.