

SLEEP HYGIENE HABITS

- Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during vacations. Go to bed at the same time every single day.
- Set a bedtime that is early enough for you to get at least 7-8 hours of sleep.
- Don't go to bed unless you are sleepy.
- If you don't fall asleep after 20 minutes, get out of bed. Go do a quiet activity without a lot of light exposure. It is especially important to not get on electronics.
- Establish a relaxing bedtime routine.
- Use your bed only for sleep and sex. Leave the television, books, work materials, cell phones out of your room.
- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Limit exposure to bright light in the evenings.
- Turn off electronic devices at least 30 minutes before bedtime.
- Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- Exercise regularly and maintain a healthy diet.
- Avoid consuming caffeine in the afternoon or evening.
- Avoid consuming alcohol before bedtime.
- Reduce your fluid intake before bedtime.