

SLEEP HYGIENE

WHAT IS SLEEP HYGIENE?

Sleep hygiene refers to the healthy habits, behaviours, and environmental factors that can be altered to help improve a good night's sleep

BENEFITS OF GOOD SLEEP HYGIENE

- Strengthens immune system
- Helps one to maintain a healthy weight
- Regulates blood sugar
- Promotes heart health
- Promotes recovery after exercise
- Improves memory, learning, and concentration
- Reduce stress and improve your mood

HABITS THAT IMPROVE SLEEP

1. Daytime

- Consistent wake time
- Participate in regular exercise
- Only early/daytime use of caffeine, nicotine and other stimulants
- Avoid going to bed too full or hungry
- Avoid napping or keep naps short before 3pm (i.e. 15-30 minutes)

2. Before Bed

- Avoid screen time 30 minutes before bed
- Avoid use of stimulants or alcohol
- Avoid bright lights or loud sounds
- Relaxation activities such as guided meditation, deep breathing or listening to soothing sounds
- Finish your "planning" by writing down items for the next day or "worry time" through journaling

3. In Bed

- Consistent bedtime
- Bedroom should be dark and quiet
- Bedroom should be comfortable and not hot in temperature
- Turn away alarm clock
- If you cannot fall asleep within 15-20 minutes, get out of bed and return when sleepy



SLEEP HYGIENE RESOURCES

- For more information, please refer to:
 - [Sink Into Sleep](#) – Resources for sleep hygiene
 - Sleepwell - Insomnia
 - Canadian Sleep Society - Sleep Podcasts
- Examples of Sleep Hygiene apps:
 - [Pillow](#)
 - [Calm](#)
 - [BetterSleep](#)