

# Sleep Hygiene

## ➤ Set a schedule.

Establish a regular sleep schedule every day of the week. Don't sleep in more than an hour, even on your days off.

## ➤ Don't force yourself to sleep.

If you haven't fallen asleep after 20 minutes in bed, get up and do something calming. Read a boring book, draw, or write in a journal. Avoid bright lights, bright screens, or anything else that might activate your body and wake you up more.

## ➤ Avoid caffeine, alcohol, and nicotine.

Consuming caffeine, alcohol, and nicotine can affect your ability to fall asleep and the quality of your sleep, even if they're used many hours earlier in the day.

## ➤ Avoid napping.

Don't nap during the day to ensure you are tired by the time night rolls around. Naps that are over an hour long or those that are later in the day are especially harmful to sleep hygiene.

## ➤ Only use your bed for sleeping.

Using your bed for reading, watching TV, or other activities will lead your body to associate your bed with these activities. If you reserve your time in bed for sleeping, your body will begin to associate your bed with sleep.

## ➤ Exercise and eat well.

Eating healthy and exercising can lead to better sleep. However, you should avoid strenuous exercise and big meals in the 2 hours before going to bed.

## ➤ Sleep in a comfortable environment.

It's important to sleep in an area that's adequately quiet, comfortable, and dark. Try using an eye mask, ear plugs, and fans if this step causes problems.