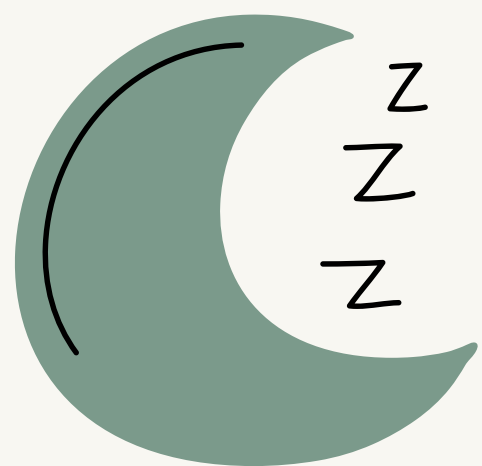


# Sleep Hygiene



## WHAT IS IT?

- having **good sleep habits**
- the practice can be used with or without medication
- it's **recommended to everyone** as an important part of maintaining their health



## TIPS AND TRICKS

### It's Your Space

Where you sleep should be quiet and relaxing. Take time to think about the layout of your bed, how it's placed, and if it's optimal for you. Throw in an extra pillow, blanket, or plushie to help you feel comfortable and fall asleep.

### No Naps Allowed

It's best to avoid sleeping outside of your schedule and naps may disrupt that. If you're too sleepy though try to keep them under an hour and before 3 pm.

### Avoid Stimulants

Things like alcohol, nicotine and coffee are considered stimulants that keep your brain up so avoiding these for several hours before bedtime is best. This way your quality of sleep remains stable but if you'd like to have a cup of tea before bed that's fine, just try to stick to a type that's caffeine free.

### Have a Routine

Having an activity or ritual that helps you wind down before bed can help letting your body know it's time for sleep. Reading a book, journalling or taking a warm bath are all good ideas to help you relax.

### Consistency is Key

Your mind and body depends on sleep, and once it's thrown out of the loop everything goes along with it. Maintaining a regular time even on your days off or when you're too tired to wake up is key. Practice having a bedtime that works for you, and the rest should follow.

## Diary

MON

TUE

WED

THU

FRI

SAT

SUN

MON

TUE

WED

THU

FRI

SAT

SUN

**Having a sleep diary can help you start the process.** By tracking your habits and the time your schedule can become clear. It's recommended to track it for two weeks and then switch to two months to see any possible improvements.

Check out our blog posts for more!

