



SLEEP HYGIENE TIPS

STICK TO A SCHEDULE



- Go to bed and wake up at the same time every day.

SKIP THE STIMULANTS

- Avoid caffeine, nicotine, and alcohol before bed.

BED = SLEEP



- Use your bed only for sleep (and sex).

LIMIT NAPS

- Keep naps under 1 hour and before 3 PM.

CREATE A WIND-DOWN ROUTINE



- Read, journal, or take a warm bath before bed.

EXERCISE REGULARLY

- Stay active, but avoid intense workouts 4 hours before bed.

EAT BALANCED MEALS



- Don't go to bed too hungry or overly full.

MAKE IT COMFORTABLE

- Keep your sleep space quiet, cozy, and relaxing.

TRACK YOUR SLEEP



- Use a sleep diary to spot patterns and improve habits.