



Sleep Hygiene Tips

Create a sleep schedule and stick to it

Pick a bedtime and a wake-time and try to stick to them as much as possible, even on the weekend. This is to get your body used to having consistency and routine. Make small changes slowly so that your body has an easier time adjusting.



Bed-time routine

Create a relaxing routine you can do right before you go to sleep. Try and give yourself 1-1.5 hours to wind down before going to sleep. Make sure this doesn't involve bright lights or electronic devices such as laptops and phones. Having a bath, reading a book or listening to an audio-book in another room are good examples of things you can do to help you feel relaxed before you go to your bedroom to sleep.

Getting exercise daily

Getting regular exercise each day can be helpful - try not to do this right before bed!

Give yourself a comfortable and relaxing sleep environment

Make sure you have comfortable bedding, that your room is not too hot or cold and that it is a nice, quiet and dark environment for you.

Bed=sleep

Remove any work materials, computers and other electronic devices from your room. Try to use your bed only for sleep, sex and getting dressed in order to strengthen the association between bed and sleep. If you can't fall asleep after around 20 minutes, get out of bed, move to a different room and try and do some quiet relaxing activity such as reading until you feel tired again.

Things to avoid!

Try to avoid any products containing **caffeine** (tea, coffee, chocolate, cocoa, soft drinks etc.) 4-6 hours before bedtime as they may keep you awake. Also avoid any **alcohol** and **heavy, spicy or sugary foods** and **nicotine** 4-6 hours before bed as these can affect your ability to stay asleep.



- **Napping** - You may feel as though you need a nap during the day, however if you are having trouble sleeping at night it may be due to this. A short nap of **20-30 minutes** can help improve alertness and shouldn't interfere with night time sleep too much, however this may be different for everyone.
- **Going to bed too hungry or too full** – try a light snack. Warm milk and foods high in the amino acid tryptophan, such as bananas, may help you to sleep.
- **Trying to make yourself go to sleep if you're not sleepy.** This will only make you more alert. Try to do something such as sitting in a dark room until you feel sleepy.