# Prepare for sleep during the day

The elements of a good night's sleep start long before you go to bed. For a more refreshing rest, try to adopt some of these healthy sleep habits **during the day**.

### Stick to a Sleep Schedule

Go to sleep and wake up at the same time every day. This reinforces your circadian rhythm to promote healthy sleep-wake cycles.

### Write Down Your Worries

Don't take stress to bed. Research shows that writing down your worries early in the day can help you fall asleep faster at bedtime.

### Create a Healthy Sleep Environment

Your room should be a relaxing. Creating a clean, cozy retreat for sleep may help your mind switch off more easily at night.

### Avoid Stimulants & Limit Alcohol

Caffeine should not be consumed four to six hours before bedtime. Limit alcohol as drinking in excess has been linked to poor sleep.

### Exercise & Get Outside

30-minutes of moderate exercise and sunshine during the day makes it easier to sleep at night—and give you a serotonin boost too!

# and sleep more soundly at night

Want to wake up feeling refreshed? When you're ready to head to bed, follow these tips to improve the quality and quantity of your **sleep at night**.

### Don't Head to Bed When You're Not Tired

An early night might sound nice, but don't force sleep. Heading to bed before you're tired may lead to sleep anxiety and insomnia.

### Create a Daily "Wind-Down" Routine

Hyperarousal (an active or "busy" mind) is the main reason people with insomnia can't sleep. Make time to switch off before bed.

### Block Out Noise & Light

A quiet and dark room is essential for a good night's sleep. Light exposure and noise can interfere with sleep quantity and quality.

### Make Your Bed a Sleep & Intimacy Zone

Leave work at your desk and meals in the kitchen. Your brain should only associate bed with sleep and intimate activities.

### Don't Take Your Phone or Other Devices to Bed

Unplug at night. Blue light delays the release of sleep-inducing melatonin, increases alertness, and sets back your internal sleep clock.

# [Advanced Sleep Hygiene Tips Tips For Workers](#)

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