

# SLEEP HYGIENE

Five effective tips to establish a healthy sleeping habits

**Stay clear of stimulants late in the day.**



avoid beverages and foods that contain caffeine

**Do a regular exercise.**



regular exercise routine can help contribute to improved sleep.

**Stick to a consistent sleep schedule.**



going to bed and waking up at the same time every day

**Create a relaxing bedtime/pre-bedtime routine.**



any relaxing activity about an hour before bed helps creates a smoother transition.

**Unplug an hour before bed.**

Keep screen use to a minimum, at least an hour before bed,



**Keep your room cool and comfortable.**

ideal room for sleeping is cool, quiet, and dark.



**Avoid foods that can disrupt sleep.**

when you lie down right after a big meal, your digestive juices are still cranking.



# Beginner Friendly Sleep Hygiene Tips Step Plan

**Shasha Hu**



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