

# SLEEP HYGIENE GUIDE

Better Rest. Better Health



Go to bed  
on time



Avoid heavy meals  
before bed



Avoid caffeine,  
alcohol, and smoking



Avoid screen time  
before bed



Meditate before bed



Create a sleep-friendly  
environment



Limit naps

# Why Sleep Hygiene Tips 2025 11107 49771

**N Noddings**



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