

INSTANT DIGITAL DOWNLOAD

# SLEEP HYGIENE TIPS POSTER

PRINTABLE PDF REFERENCE RESOURCE

**SLEEP HYGIENE TIPS**

<b>Sleep Routine</b>  Stick to a consistent sleep schedule, even on weekends.	<b>Hours of Sleep</b>  Aim for 7-9 hours of sleep each night.	<b>Falling Asleep</b>  Use relaxation techniques like deep breathing or meditation to fall asleep.	<b>Waking from Electronics</b>  Avoid using electronic devices before bed.	<b>Mattress and Pillow</b>  Invest in a comfortable mattress and pillow.
<b>Relaxation Strategy</b>  Develop a relaxation strategy, such as reading or listening to music.	<b>Clock Adjustments</b>  Adjust your clock to wake up at the same time each day.	<b>Reduce Stress</b>  Practice stress management techniques like yoga or meditation.	<b>Waking Sleep</b>  Brush your teeth and wash your face before bed.	<b>Cool Temperature</b>  Keep your bedroom cool, around 65°F to 68°F.
<b>Dim Lights</b>  Dim the lights in your bedroom at least an hour before bed.	<b>Relaxation</b>  Engage in relaxation activities like reading or listening to music.	<b>Physical Activity</b>  Exercise regularly, but avoid vigorous activity close to bedtime.	<b>Wake Up Schedule</b>  Stick to a consistent wake-up schedule, even on weekends.	<b>Reduce Noise</b>  Use earplugs or white noise to block out noise.
<b>Avoid Smoking</b>  Avoid smoking, including e-cigarettes, before bed.	<b>Block Light Sources</b>  Block out light sources in your bedroom.	<b>Limit Caffeine</b>  Limit caffeine intake, especially in the afternoon and evening.	<b>Avoid Eating Late</b>  Avoid eating late in the evening.	<b>Local Snoring</b>  Use a nasal strip to help with snoring.



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**Thirumalaisamy P.  
Velavancorresponding**



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