

# Good Sleep Hygiene

**Stick to a consistent sleep schedule** by going to bed and waking up at the same time every day, including weekends.



**Create a relaxing bedtime routine**, such as reading or taking a warm bath, to help you wind down before sleep.



**Make your sleeping environment comfortable** and conducive to sleep, with a comfortable mattress and pillow, and keep the room dark, quiet, and cool.



**Avoid napping during the day**, or limit naps to 20-30 minutes.



**Avoid caffeine, energy drinks and heavy meals before bedtime.**



**Get regular exercise**, but not too close to bedtime.



**Limit exposure to screens** (e.g., phones, computers, TVs) before bed, as the blue light they emit can interfere with sleep.



**Try to relax your mind before bedtime**, with practices such as meditation, deep breathing, or progressive muscle relaxation.



# Easy Sleep Hygiene Tips Usa For Students 1913

**Padhraic Smyth**



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