

Sleep Hygiene Tips



1

Consistent Bedtime Routine. Go to bed at a consistent time & implement relaxing activities before bed- yoga, PMR, reading.



2

Avoid stimulants. Try to avoid large meals, alcohol and/or caffeine before bed.

3

Eliminate Distractions. Try to limit screen time for at least 30 minutes before bed.

4

Environment. Make your room dark, quiet, relaxing and a neutral temperature at night. Seek natural light first thing in the morning.

5

Exercise. Being active during the day; refrain less than 4 hrs before bed.



6

Stimulus Control. Bed is for sleep, sickness and sex. Avoid napping, go to bed when sleepy and don't spend >30 min in bed awake.



Quick Sleep Hygiene Tips Step Plan For Beginners

AW Rasmussen



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