

# 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

**Lei Huang**



**Quick Sleep Hygiene Tips Step Plan For Beginners:**

Discover tales of courage and bravery in its empowering ebook, **Stories of Fearlessness: Quick Sleep Hygiene Tips Step Plan For Beginners** . In a downloadable PDF format ( PDF Size: \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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