

Sleep hygiene



Sleep hygiene refers to good sleep habits. The following are some ways of establishing and maintaining healthy sleep routines, and can provide long-term solutions to sleep difficulties:

Routines

Teach your body to get ready for sleep

- Go to bed and get up at regular times
- Develop a personal, relaxing, pre-bed routine e.g. stretching or breathing exercises
- A hot bath 1-2 hours before bed or a warm glass of milk can help
- Teach your body to link 'bed' with 'sleeping' - avoid using the bed to eat, work, read, or use electronic devices



Environment

Are your surroundings suitable for sleep?

- A cooler room with enough blankets for warmth is best
- Use heavy curtains/blinds, an eyemask and/or earplugs to block out light and noise



Diet, exercise and napping

What you do in the day impacts your sleep at night

- Avoid naps, or restrict naps to less than 1 hour before 3pm
- Avoid caffeine, nicotine, and alcohol at least 4-6 hours before bed
- Avoid looking at bright screens (e.g. phone, tablet) 2-3 hours before bed
- Exercise regularly but avoid strenuous exercise within 4 hours of bedtime
- Maintain a balanced diet but avoid a large meal soon before bed



Reactions

How we respond to poor night's sleep can help make or break a poor sleep cycle

- If you can't fall asleep after about 20 minutes, get up, do a calm or boring activity until you feel sleepy, then return to bed
- Avoid frequently checking the clock at night
- Try to do everything you had planned for the day, even if you slept poorly the night before



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You're Only Human Kelly M. Kapic, 2022-01-18 Work Family Church Exercise Sleep The list of demands on your time seems to be never ending It can leave you feeling a little guilty like you should always be doing one more thing Rather than sharing better time management tips to squeeze more hours out of the day Kelly Kapic takes a different approach In the paperback edition of *You're Only Human* he offers a better way to make peace with the fact that God didn't create us to do it all by exploring the theology behind seeing our human limitations as a gift rather than a deficiency laying out a path to holistic living with life giving relationships and meaningful contributions to the world freeing us from confusing our limitations with sin and inviting us to rest in the joy and relief of knowing that God can use our limitations to foster freedom joy growth and community Readers will emerge better equipped to cultivate a life that fosters gratitude rest and faithful service to God

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