

# 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



# How To Sleep Hygiene Tips Step Plan

**David G. Myers, C. Nathan DeWall**



## **How To Sleep Hygiene Tips Step Plan:**

**Sleep, Sun, and Steps** Live Long and Strong Press, 2025-11-14 Transform Your Days to Flourish Into Tomorrow What if three simple elements held the secret to a healthier longer life This groundbreaking guide dives deep into the powerful relationship between sleep sunlight and daily movement unlocking insights that can reshape how you age and thrive It s not just about living longer but living better with vitality and purpose Explore the fascinating science behind aging and discover how everyday habits influence your body s natural rhythms From understanding the stages of sleep and why quality rest diminishes over time to learning how safe sun exposure fuels critical hormonal balance this book offers practical evidence based strategies that are easy to integrate into your daily routine Step by step you ll uncover how small changes matter creating a sleep sanctuary free of distractions timing sunlight to boost your mood and immune system and incorporating movement into your day in ways that fit seamlessly with your lifestyle Real world case studies illustrate how these habits harmonize to rejuvenate mind and body proving that aging gracefully is within reach for everyone Motivation often fades when faced with busy schedules and life s hurdles This book addresses that too offering solutions to common obstacles and emphasizing the importance of social connections and meaningful goals And for those who love data helpful tools and tracking resources will keep progress visible and rewarding Whether you re at the start of your wellness journey or seeking new ways to maintain your edge this insightful guide invites you to embrace a balanced life where sleep sun and steps work in unison giving you the confidence to age with grace and energy that lasts

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