

SLEEP HYGIENE

Sleep one of the fundamental things a human needs to survive (along with food, drink, air, warmth, safety and shelter). It allows our bodies to repair themselves and our brains to process memories and information. Poor sleep is linked to physical and mental health problems. Sometimes sleep can be hard to come by but there are ways you can improve the quality and quantity of sleep you are getting.

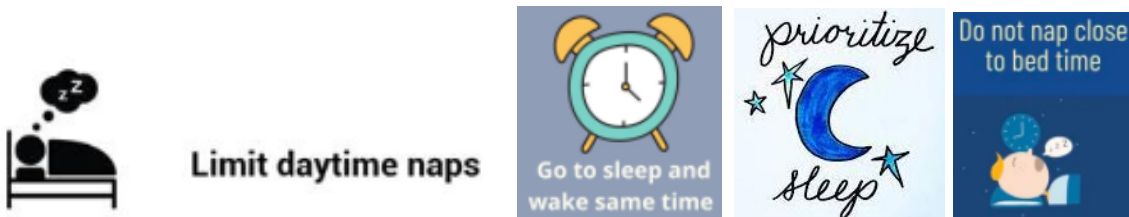
More Information About the Importance of Sleep:

- The Sleep Foundation - <https://www.sleepfoundation.org/mental-health>
- The Priory Group - <https://www.priorygroup.com/blog/how-poor-sleep-affects-your-mental-health>
- Primary Care Collaborative - <https://www.pcpcc.org/resource/sleep-and-mental-health-why-our-brains-need-sleep>

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Sleep hygiene is one of the most effective ways to improve your sleep. A lot of it is common sense but not always easy to stick to in today's society. Good sleep hygiene means having to change some of the things you do to promote building healthy habits. The next points are all aspects of sleep hygiene. Some might not work for you immediately but the trick is to keep implementing the skills and find out the best fit.

Setting a Sleep Schedule:



Follow a Nightly Routine:



Try Relaxation Before Bed:



Develop Healthy Daily Habits:



Make Your Bedroom Calm/Tranquil:



Other Tips:

