

# 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-healthwhy-our-brains-need-sleep

#### **SLEEP HYGIENE:**

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:



Limit daytime naps

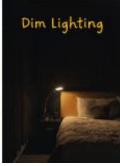






#### Follow a Nightly Routine:







## **BEDTIME ROUTINE**

A CONSISTENT APPROACH EVERY SINGLE NIGHT





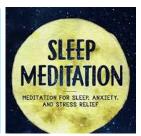
#### Try Relaxation Before Bed:











#### Develop Healthy Daily Habits:













Reserve your bedroom for sleeping only - keep cell phones, computers, televisions and video games out of your bedroom

#### Write Down Your Worries

Don't take stress to bed. Research shows that writing down your worries early in the day can help you fall asleep faster at bedtime.



#### Make Your Bedroom Calm/Tranquil:











#### Other Tips:





Don't go to bed with cold feet (put on socks or put a hot-water bottle in your bed)



