



SLEEP HYGIENE

Sleep is one of the fundamental things a human needs to survive. 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, it also has a negative effect on learning and behaviour.

More Information About the Importance of Sleep:

- [The Sleep Foundation](#)
- [The Priory Group](#)
- [Primary Care Collaborative](#)

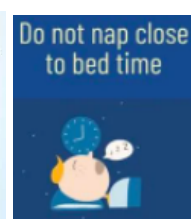
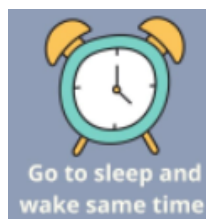
SLEEP HYGIENE:

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. Good sleep hygiene means having to change some of the things you do to create healthy habits. Some might not work for you immediately but the trick is to keep trying and find what works.

Setting a Sleep Schedule:



Limit daytime naps





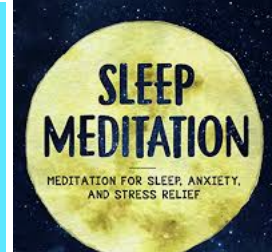
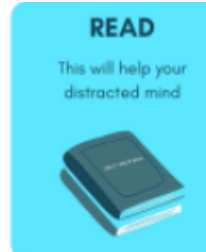
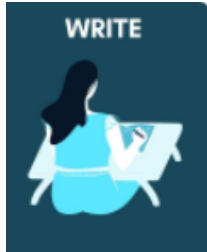
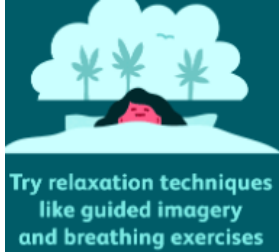
Follow a Nightly Routine:



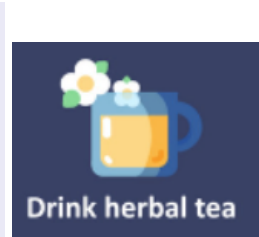
BEDTIME ROUTINE

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

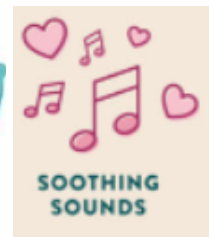
Write Down Your Worries

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:

