

# Sleep Hygiene

**Sleep Hygiene** - this term refers to habits and environmental factors that can be changed and adjusted to help you sleep better. The better your sleep hygiene is, the better your sleep will be in both quality and length.

## **Tips for increasing sleep hygiene:**

- **Set and keep a sleep schedule** - going to bed and waking up at the same time everyday can make a big difference in how much you sleep and in the quality of your sleep
- **Have a bedtime routine** - going through the same actions or steps every night can help train your brain into knowing when sleep is coming. It is recommended that this routine starts 2 hours before you want to be asleep
- **Avoid bright lights or electronics** - turn off all electronics and bright lights about 1.5-2 hours before you start your bedtime routine
- **Avoid eating too close to bedtime** - your last meal should end two hours before you are ready to go to bed
- **Physical activity** - getting at least 20 minutes of physical activity in per day can increase the quality of your sleep
- **Sleep medications** - use sleep medications only as directed by your doctor
- **Relaxation Techniques** - try soothing music or aromatherapy before bed and while you are in bed!