



## Quick Facts

- 25% -65% of children, adolescents and adults have sleep issues
- People suffer from sleep initiation, sleep maintenance or sleepiness during daytime
- Lack of sleep affects health, safety, mental/physical performance
- Health effects of lack of sleep: decreased well-being, increased fatigue, anxiety, depression, cardiovascular disease, inflammation

## Your mind matters

Studies show that flexible thinking and perseverance are important factors in improving sleep hygiene. There is also a positive relationship between mindful attitudes and positive sleep hygiene. Regular psychotherapy and visiting a sleep-medicine specialist are also important factors in promoting healthy sleep.

## Before Bed

- Avoid anxiety and stressful situations, including TV shows/Movies (drama, thriller)
- Avoid alcohol before bed. While it does help people fall asleep, it reduces the quality and length of your sleep.
- Avoid nicotine and caffeine after 2 pm. This includes coffee, tea and energy drinks.
- Avoid exercising within two-hours of bedtime (but *do* increase exercise as a daily habit)
- Do not go to bed until drowsy
- Food and Drink affect your sleep . Choose a light snack with carbs, as carbs make tryptophan (amino acid) more available to the brain
- While food affects sleep, sleep also affects the food we eat.
- Sex can increase healthy sleep and more sleep boosts your sex drive
- Limit electronic media/TV use and (especially in youth)
- Take a warm, relaxing shower or bath before bed (increasing your body temperature)
- Avoid sharing your bed with pets and children (increasing body temperature during sleep)



*Boost Your*  
**SLEEP HYGIENE**  
Get Better Sleep!

# The Bedroom Environment: 5 Senses

## Smell

- Lavender essential oil may improve sleep quality (not quantity)
- Use oils, sachets or candles as part of a nightly bedtime routine
- Studies show people are more excited to sleep (and comfortable when sleeping) when sheets have a fresh scent
- Keep your air temperature cool (between 60-67 degrees Fahrenheit)
- Use an air purifier (dust/vacuum room often) to keep room fresh, free from allergens

## Taste

- Try a light snack before bed, including carbs
- Make sure you are hydrated, but not too much (sleep maintenance)
- Mint flavor may increase 'open feeling' and increase oxygen to brain

## Touch

- Comfortable mattress and pillows
- Change and clean bed sheets at least once every other week
- If allergens are present, wash sheets in hot water once a week; seal your mattress, box springs and pillows with protective covers
- Keep your air temperature cool (between 60-67 degrees Fahrenheit)
- Use breathable cotton fabrics to prevent overheating
- Replace your mattress every 8 years; pillows every 2 years

## Hear

- Noise pollution can disrupt sleep: use a white noise machine or app on your phone
- Using machines or apps that produce nature sounds can increase relaxation and decrease cognition
- Using guided meditation or mindfulness apps can promote relaxation and positive sleep hygiene
- Using an air purifier can be both a noise and respiratory-health intervention

## See

- Blue light (electronics) inhibits melatonin, however bluelight in offices/workplaces can increase performance and reduce daytime sleepiness
- Keep your room dark, by light-restricting blinds or wearing an eye-mask
- An organized, clean room may help ease anxiety and improve sleep
- Colors/Hues play a part in room comfort - studies show it is each person's preference

## Intentional Practices

- Getting between 7 and 8 hours of sleep is optimal
- Implement (and maintain) a nightly routine or bedtime ritual that includes intentional relaxation
- Wake up within one hour of normal wake time, even on the weekends
- Do not take naps, but if needed, stay between 25 and 30 minutes
- Expose yourself to bright lights or sunlight in the morning, boosting daytime energy and increase successful sleep at night
- Incorporate the use of technology (in limited amounts) to track sleep hygiene: apps can track phone use, noise, sleep-wake time (adolescents); other apps allow users to track restless periods and deep sleep (lack of research); Apps: *Sleep Cycle*, *Sleep*, *SleepTime+*, *SleepBot*, *Deep Sleep with Andrew Johnson*, *Pzizz*, *Sleep Genius*, *Sleep Diary*, *Fitbit Tracker*
- Increase Complementary Health Approaches: mindfulness, yoga, therapeutic massage, acupuncture
- Avoid sedative hypnotics if possible

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