



For more information on Sleep Hygiene, click here: [www.sleep-like-a-log.com/sleep-hygiene](http://www.sleep-like-a-log.com/sleep-hygiene)

# Sleep Hygiene

What is it?

Sleep hygiene refers to maintaining a consistent approach to your sleep health. Having good sleep hygiene can improve your sleep over time, when combined with other sleep improvement measures.

Sleep hygiene covers two areas:

- ***your sleeping environment***
- ***your bedtime routine***

Everyone has their own unique way of preparing for bed, but the key here is **consistency**. Being consistent allows for positive and beneficial routines to eventually become stable bedtime habits, through ongoing positive reinforcement

*Why is sleep hygiene important?*

- it helps your brain understand that bedtime & sleep are coming soon
- because your bed is a place of intimacy and sleep **ONLY**, going to bed will feel positive & inviting
- a consistent sleep hygiene routine, alongside other sleep improvement measures, can improve sleep quality & duration, so you wake up fully rested from a good night's sleep
- a good night's rest, improves your physical and mental health

*Slowly  
does it*

**There are many things you can do to ensure a good night's sleep and even the smallest changes can make a difference. Getting into a good sleeping routine takes time, so take the pressure off yourself and make just one small change at a time...**

## My Daily Sleep Hygiene Plan

<i>Morning</i>	
<i>Afternoon</i>	
<i>3hrs before</i>	
<i>Last hour</i>	

## Sleep Hygiene Ideas

Build your sleep hygiene plan by copying & pasting any ideas below into your plan or add your own!

- |                              |                            |
|------------------------------|----------------------------|
| Meditate                     | Exercise during the day    |
| Bath                         | Write down worries         |
| Calm ambience - bedroom      | Gratitude diary            |
| Read                         | Feng Shui your bedroom     |
| Bedroom décor                | Listen to sleep meditation |
| Declutter bedroom            | Bedroom lighting           |
| Check bedroom temperature    | Move more                  |
| Dehumidifier/ or humidifier  | Journaling (not in bed)    |
| New Bedding                  | Turn off tech.             |
| Glass of water               | Blackout blinds            |
| Lip balm                     | Short evening walk         |
| Turn alarm clock around      | Mindfulness                |
| Change bedding               | Turn off TV                |
| Low wattage bulbs            | No more caffeine           |
| Check in with your senses    | Use aromatherapy           |
| Light stretching exercises   | 10 minutes of 'think time' |
| Ear plugs                    | Replace bed                |
| Sleep mask                   | Lower volume in house      |
| Stop eating                  | Get out in nature          |
| Nightlight on                | New mattress               |
| Snoring products for partner | Snoring products for me    |
| Remove tech. from bedroom    | No more alcohol            |
| Warm milk drink              | Lower lighting in house    |
| Calm ambience-house          | Stop working               |
| Just sit & notice sounds     | Listen to relaxing music   |
| Self-Hypnosis                | Take a shower              |

## Long-Term Sleep Hygiene Plans

Copy & paste any ideas above into this space