SLEEP ..zzZZ
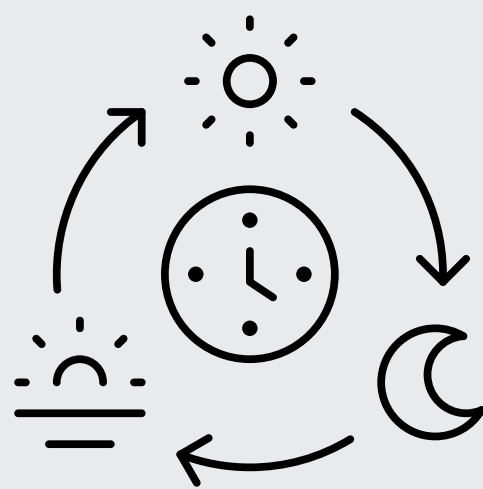# HYGIENE

HABITS TO HELP YOU HAVE A GOOD NIGHT'S SLEEP

ROUTINE, ROUTINE

- Set your body clock: wake and sleep at the same time each day
- Engage in relaxing activities before bedtime such as writing, drawing, reading, stretching
- ONLY use your bed for sleeping at night
- ONLY get in bed when you are sleepy

SLEEP ENVIRONMENT

- Cool, comfortable room temperature
- Comfortable bed and bedding
- Adequate darkness such as no tv and closing curtains
- Quiet or non-stimulating sound such as white noise machine

AVOID STIMULANTS

- Cut off caffeine consumptions by 1pm
- Limit alcohol and drugs before bed
- Turn down the lights and volume at least 1 -2 hours before bed
- Avoid using electronic devices at least 30 minutes before bed

HEALTHY LIVING

- Exercise during the day but avoid intense activity 2 hours prior to bed
- Avoid large and fatty meals prior to sleep
- Have a banana and/or some dark cherries before bed as a snack
- Practice ways to manage stress before bedtime