

Sleep Hygiene & Its Importance

Sleep hygiene: the habits, behaviors, and environmental factors that contribute to your quality of sleep

Everyone (child or adult) can benefit from improving their sleep hygiene! Sleep is when our bodies and minds recover, reset, and prepare for all we need to do during the daytime.

When we sleep, our body engages in energy conservation and storage, self-repair and recovery, and maintenance for the brain. Based on our functioning throughout the day, we can tell if we have gotten enough sleep for these things to happen.

The Sweet Spot for Sleep

To feel our best during the day, getting the right amount of sleep is important. The right amount can be different for everyone. We know that too little sleep makes functioning difficult, but too much sleep can do this as well. It's important to listen to your body the following day to determine if it was the right amount for you.

Age Range	Amount of Sleep Needed
Newborns (0-3 months)	14-17 hours
Infants (4-12 months)	12-16 hours
Young children (1-5 years)	10-14 hours
School-aged children (6-12 years)	9-12 hours
Teenagers (13-18 years)	8-10 hours
Adults (18+ years)	7-9 hours

Sleep Hygiene Tips

Behavior/Habit Adjustments:

- Maintain a regular sleep schedule
- Allow 1 hour to wind down before getting into bed (so that you will be have a relaxed body and mind, ready for sleep)
- Calm your mind and body (e.g., deep breathing, mindful meditation, yoga, progressive muscle relaxation)
- Limit consumption of food before bed 2 hours prior
- Limit consumption of drinks before bed 30 minutes prior
- Limit screen time before bed 2-3 hours prior
- Limit caffeine, alcohol, and tobacco intake before bed 4-6 hours prior
- Avoid naps in the afternoon
- Exercise regularly during the day and avoid exercise before bed

Sleep Hygiene Tips

Environmental Adjustments:

- Utilize bedroom/bed for only sleep and sex (do not bring work or other activities in)
- Eliminate clutter in the room
- Limit light exposure either with blackout curtains or keeping blinds down/curtains drawn
- Keep the temperature in the room cool – between 65 and 68 degrees
- Comfortable pajamas – no tags, soft seams
- Use a supportive mattress that keeps your body in a functional position (for your body to reset properly)
- Utilize calming scents (e.g., lavender or vanilla essential oils)
- Use a weighted blanket to calm the body
- Use a calming noise or white noise to eliminate background sounds

*If any of the sensory adjustments (i.e., scents, noise) are hindering your sleep, do not engage in these strategies.