

Sleep Hygiene Guide
w/ Brain Health Focus
Rest, Restore, and Bloom



How Sleep Impacts Your Brain & Mental Health

Sleep is more than just rest—it's a vital process for your brain and mental well-being. As a therapist and biology teacher, I've designed this guide to help you understand the science of sleep and how it supports your mind and body.

The Amygdala and Emotional Regulation:

- The amygdala, a part of your brain, regulates emotions like fear and anxiety. Lack of sleep can make the amygdala overactive, leading to heightened stress and emotional reactivity. Quality sleep helps calm the amygdala, improving emotional balance.

Memory and Learning:

- During sleep, your brain consolidates memories and processes new information. The hippocampus, another key brain region, strengthens neural connections, helping you learn and retain information. Poor sleep can impair focus and memory.

Mood and Mental Health:

- Sleep deprivation is linked to increased symptoms of anxiety, depression, and irritability. Consistent, quality sleep supports serotonin production, a neurotransmitter that boosts mood and well-being.

Brain Detoxification:

- While you sleep, your brain clears out toxins through the glymphatic system, reducing the risk of neurodegenerative diseases like Alzheimer's. Think of sleep as a nightly 'cleanse' for your brain!



Sleep Hygiene Tips for Better Rest

Create a Bedtime Routine:

- Establish a calming pre-sleep routine (e.g., reading, meditating, or stretching) to signal to your brain that it's time to wind down.

Limit Screen Time:

- Avoid screens 30-60 minutes before bed. Blue light from devices suppresses melatonin, a hormone that regulates sleep.

Set a Consistent Schedule:

- Go to bed and wake up at the same time every day, even on weekends, to regulate your body's internal clock.

Create a Sleep-Friendly Environment:

- Keep your bedroom dark, quiet, and cool (around 60-67°F). Use blackout curtains or a sleep mask if needed.

Avoid Stimulants Before Bed:

- Limit caffeine and nicotine in the evening, as they can disrupt your ability to fall asleep.

Practice Relaxation Techniques:

- Try deep breathing, progressive muscle relaxation, or a guided sleep meditation to calm your mind.


**Better sleep leads to a healthier brain and a happier you.
Use the sleep tracker to monitor your progress and bloom
with rest!**



30-Day Sleep Tracker

Bloom with Better Rest!

Track your sleep each night by writing the number of hours you slept in the box. If you followed at least 3 sleep hygiene tips from the guide, color the crescent moon to mark your progress!

1 	2 	3 	4 	5 	6 
7 	8 	9 	10 	11 	12 
13 	14 	15 	16 	17 	18 
19 	20 	21 	22 	23 	24 
25 	26 	27 	28 	29 	30 



How to Use Your Sleep Hygiene Guide & Tracker

Thank you for purchasing this Sleep Hygiene Guide with Brain Health Focus from Let Growth Bloom! Here's how to get started:

Step 1: Print Your Guide

Print the guide, tracker, and supporting pages on 8.5x11 paper at 100% scale. Use a color printer for the best experience, or print in black and white if needed. Cardstock or matte photo paper is recommended for durability.

Step 2: Learn About Sleep & Brain Health

Read the Sleep Hygiene Guide to understand how sleep impacts your brain and mental health, and explore the tips for better rest.

Step 3: Track Your Sleep

Each night, write the number of hours you slept in the tracker. If you followed at least 3 sleep hygiene tips, color the crescent moon to mark your progress.

Printing Tips

If you don't have a printer, you can use a local print shop or library. For a durability, consider printing on cardstock.

Need Help? Need a Different Size?

If you have any questions, message me on Etsy – I'm here to help! This printable is designed for 8.5x11 paper. Need a different size? Message me, and I'll be happy to help!