



Sleep Hygiene Tips

Don't sleep in. Set your normal sleeping routine and wake up at the same time every day.

Give yourself at least 5 minutes to check your phone upon waking up. Research has linked this act with anxiety. Why would you want to start your day this way?

Don't go to sleep earlier than usual.

Don't nap during the day. Napping during the day is like snacking before meals. Napping will disturb your full night's sleep.

Give yourself 20-30 minutes to lay in bed, if unable to sleep get out of bed. Return to bed once sleepy. It is critical you associate your bed when sleepy not just to hang out in.

Whine down before bed. Taking a hot bath or practicing meditation helps prepare your body to a calming state.

Remove clock faces from the bedroom. Keeping track of time at night only makes it harder to fall asleep if you're ruminating about the time.

What is one way you will improve your sleep? Are there specific recommendations your physician has made regarding sleep?

What do you think will make this change hard for you?

How do you plan to handle this?