



Healthy Sleep Hygiene

- Go to bed and wake up at the same time each day, as best as you can.
- Plan for 7 – 9 hours per night.
- Find a routine that works best for you.
- Avoid working or exercising in the bedroom.
- Avoid more than 1 serving of alcohol or caffeine in the evening.
- In the bedroom, keep the lights low (use lamps) and avoid screens (TV, laptops, phones, iPads).
- Keep the room cool at night.
- Try ambient noise through a sound machine, white noise or other apps.
- Try a diffuser with lavender or other calming scent.
- Try an eye pillow to block out any light.
- If you are stuck thinking about what needs to be done the next day, keep a journal next to your bed and write out your list.
- Practice meditation or deep breathing to help you relax.

