



SLEEP HYGIENE ESSENTIALS

Simple practices to support deeper, more restorative sleep

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Tailored therapy for high-achieving women navigating anxiety, stress, and leadership pressure

YOUR ENVIRONMENT

Set the Stage for Sleep

Dim the Lights	Lower lighting 1–2 hours before bed. Bright light suppresses melatonin and signals your brain to stay awake.
Cool the Room	A slightly cool room supports your body's natural temperature drop at sleep onset. Warm your extremities with socks if needed.
Protect Dark Hours	Avoid bright light between 11 pm and 4 am. Even brief exposure can disrupt the hormonal signals that govern sleep, mood, and metabolism.

WIND-DOWN TECHNIQUES

Calm the Body and Mind

Paradoxical Intention <i>Helpful for racing thoughts</i>	Instead of trying to fall asleep, try to stay awake with eyes closed. This removes performance pressure and often invites sleep naturally.
3–3–3 Sensory Scan	Name 3 things you see, 3 you hear, 3 you feel in your body. Then repeat with eyes closed using imagination. Invites deep relaxation.
Non-Sleep Deep Rest	Yoga Nidra, meditation, or slow breathing (10–15 min) can restore some of the benefits of deep sleep even when sleep is elusive.

LIFESTYLE FACTORS

What You Do During the Day Matters

Limit Caffeine	Caffeine can reduce deep sleep by up to 30% even when consumed hours earlier. If sleep is poor, try cutting off by noon.
Time Your Light	Morning sunlight (within an hour of waking) sets your body clock. Evening light disrupts it. This single habit affects sleep, energy, and mood.
Alcohol Awareness	Alcohol may help you fall asleep but fragments sleep quality, blocks REM, and increases nighttime waking — often without you remembering it.

BEDSIDE PRACTICES

Simple Habits That Make a Difference

Keep a Notebook Nearby	Write down worrying or intrusive thoughts before bed — or do a brain dump if you wake in the night. Getting thoughts onto paper signals to your brain that they are held and do not need to be rehearsed.
Gratitude Journaling	Write two or three things you are grateful for before turning out the light. This gently shifts your nervous system toward calm and sets a positive emotional tone for sleep.
Keep the Bed for Sleep <i>Stimulus control</i>	If you are awake in bed for more than 20 minutes, get up and do something calm and mildly boring in another room. Return only when you feel sleepy. Over time this rebuilds the association between bed and sleep.

SMALL CHANGES IN YOUR EVENING ROUTINE CAN HAVE A SIGNIFICANT IMPACT ON YOUR SLEEP QUALITY.

Bring this to your next session or note what you try between appointments.

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