10 Sleep Hygiene Tips

1. Create a Consistent Sleep Schedule: Establish a regular bedtime and wake-up time, even on weekends. Consistency helps regulate the body's internal clock, making it easier to fall asleep and wake up refreshed.

2. Develop a Relaxing Bedtime Routine: Engage in calming activities before bed, such as reading a book, practicing gentle yoga, or listening to soothing music. Avoid screens at least an hour before bedtime, as the blue light can interfere with your body's ability to wind down.

3. Make Your Bedroom a Sleep Sanctuary: Keep your bedroom cool, quiet, and dark (only for sleep). Use comfortable bedding and consider using blackout curtains if light is an issue. Ensure your sleep space is clean and clutter-free, creating an environment that promotes relaxation and rest.

4. Be Mindful of What You Eat and Drink: Avoid consuming caffeine, sugary snacks, or heavy meals close to bedtime. Instead, opt for a light snack, like a banana or a small glass of milk, which can promote sleepiness.

5. Stay Active During the Day: Engage in regular physical activity, which can help you fall asleep more easily at night. However, try to avoid vigorous exercise right before bedtime, as it may leave you feeling too energized to sleep.

6. Manage Stress and Worries: If worries or stress keep you up at night, try writing them down in a journal before bed. This

practice can help clear your mind, making it easier to relax and drift off to sleep.

7. Limit Naps During the Day: While short naps can be beneficial, long or irregular naps during the day can negatively affect your nighttime sleep. Aim for naps that are 20-30 minutes long, preferably earlier in the day.

8. Use Technology Wisely: If you use a phone or tablet before bed, consider using a blue light filter to reduce its impact on your sleep. Set boundaries for screen time and prioritize sleep over late-night social media scrolling or gaming.

9. Listen to Your Body: If you're not tired, don't force yourself to sleep. Instead, get out of bed and do something relaxing until you feel sleepy. This helps your brain associate your bed with sleep, not with restlessness.

10. Seek Help if Needed: If you consistently struggle with sleep despite trying these tips, talk to a trusted adult or healthcare provider. Sometimes, sleep issues require additional support to resolve.

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