

# SLEEP HYGIENE

MADE BY *Our Warrior Spirit LLC*

Tips to establish a healthy sleeping habits

## Stay clear of stimulants late in the day.



Avoid beverages and foods that contain caffeine.

## Do a regular exercise.



A regular exercise routine can help contribute to improved sleep.

## Create a relaxing bedtime/pre-bedtime routine.



Any relaxing activity about an hour before bed helps creates a smoother transition.

Try Mindfulness here:



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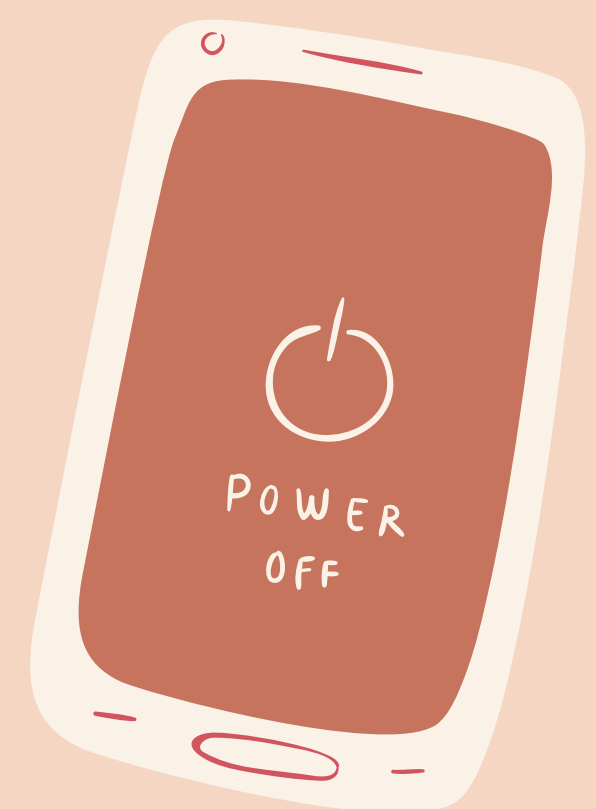
YouTube

## Stick to a consistent sleep schedule.



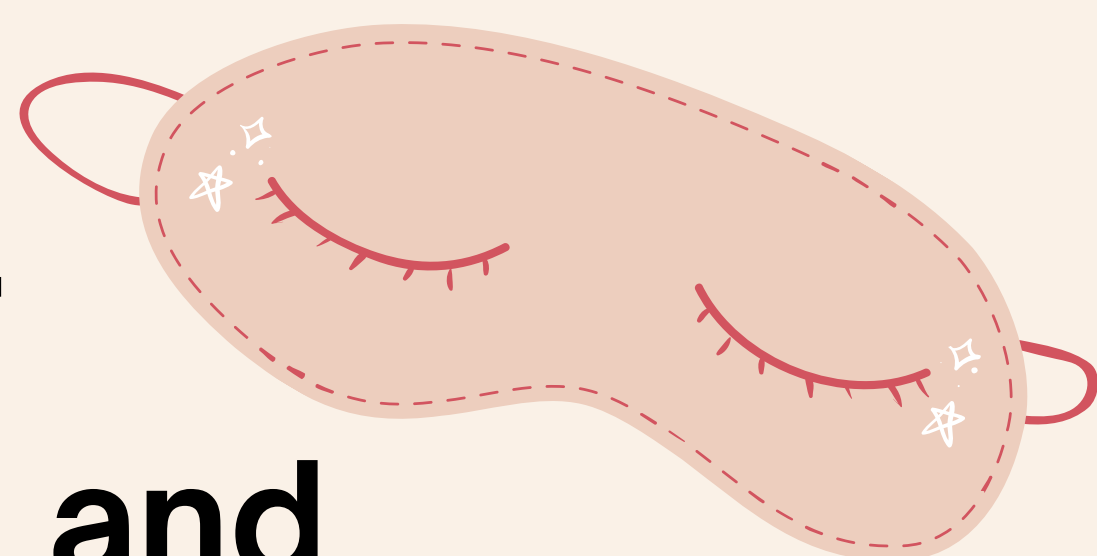
Go to bed and wake up at the same time every day.

## Unplug an hour before bed.



Keep screen use to a minimum, at least an hour before bed.

## Keep your room cool and comfortable.



An ideal sleep environment for sleeping is cool, quiet, and dark.

## Avoid foods that can disrupt sleep.



When you lie down right after a big meal, your digestive juices are still cranking.