



Why Sleep Hygiene Matters

Good sleep hygiene helps you fall asleep faster, stay asleep longer, and feel more refreshed in the morning. Consistent routines and healthy habits support your body's natural sleep-wake cycle.

Bedtime Routines

- Go to bed and wake up at the same time every day—even on weekends
- Develop a relaxing pre-sleep ritual (reading, gentle stretching, meditation)
- Dim lights 30–60 minutes before bed
- Avoid stimulating activities and stressful conversations before bedtime

Managing Screen Time

- Turn off electronic devices (phones, tablets, TVs) at least 30–60 minutes before bed
- Use blue light filters or night mode if you must use screens in the evening
- Keep electronic devices out of the bedroom

Caffeine and Food

- Avoid caffeine (coffee, tea, soda, chocolate) 6 hours before bedtime
- Limit heavy meals and spicy foods late in the evening
- If hungry before bed, choose a light snack (banana, yogurt, or whole-grain toast)

Creating a Sleep-Friendly Environment

- Keep your bedroom cool, quiet, and dark
- Use blackout curtains or an eye mask
- Minimize noise with earplugs or white noise
- Make sure your mattress and pillows are comfortable

Additional Tips

- Get regular sunlight exposure during the day
- Exercise regularly, but finish vigorous activity at least 2–3 hours before bedtime
- If you can't fall asleep after 20 minutes, get up and do a quiet activity until sleepy

Remember: Small changes in your sleep habits can make a big difference in your energy, mood, and health. What's one area of your sleep routine you'd like to improve first?