



SLEEP HYGIENE TIPS

MIND BODY BEDROOM

Sleep plays a vital role in memory, performance, and learning. It helps regulate stress and improves your overall mood, health, and well-being. Sleep provides an opportunity for your mind and body to restore, balance, and repair itself.

Improve your sleep

On occasion, we all experience difficulty falling asleep. Falling asleep ultimately involves clearing the mind of anxiety.

Healthy Sleep Latency

It should take you between 15-20 minutes to fall asleep. Falling asleep immediately indicates exhaustion, however it is difficult to gauge the time falling asleep. Do not "check watch" or worry if it takes you longer to fall asleep.

Clear your Mind

Try guided imagery, self-talk, meditation, or breathing techniques to decrease stressful or worrisome thoughts from your mind. These techniques are designed to facilitate clearing the mind to bring about sleep. Suggested guided imagery is imagining a place of total relaxation - such as a tropical sea front, woods on a beach, or a forest meadow.

Go to Bed Again

If you have been trying to fall asleep for several minutes, consider getting up again. Do a another relaxation routine, sit quietly, do some relaxation techniques, or engage in a non-stimulating activity.

Do not watch television, use a computer, tablet device, or phone, eat or drink.

When you feel tired again, go back to bed. Discuss it with your doctor if you consistently cannot fall asleep within 30 minutes of going to bed.

Quality sleep requires preparation of both your mind and body, as well as your bedroom. There are many techniques you can use to improve your sleep quality. This booklet includes sleep hygiene tips that can help increase your sleep potential.

OPTIMIZE YOUR SLEEP SETTING

Good quality sleep requires a bedroom that is conducive to sleep any time of the day.

Blue Light

The brain is sensitive to blue light from TVs, mobile phones, computers & other devices. Blue light can interfere with your body clock by sending signals to the brain that it's time to wake up. Try to avoid blue light two hours before bedtime.

Use of the Bedroom

Subconsciously associate your bedroom with relaxation by limiting bedroom activities to sleep or intimacy.

Temperature

If you are too hot or cold, you will stay in lighter stages of sleep or constantly wake up. People tend to sleep best when the bedroom is slightly cool – generally around 68-72°F - 65-70°F.

Use the Lights

Dim the lights about an hour before bed to tell your brain it's time to sleep. Avoid blue lights. Try using room-darkening shades or curtains to make your room as dark as possible when sleeping.

Tranquility

Your room should make you feel relaxed and peaceful. Choose wall colors and decorations that relax you and make you feel good. It's also helpful to keep your room clean and uncluttered. Soothing sounds in the room can also improve your mood and help you relax before bed.

Avoiding Nicotine and Alcohol

Nicotine and alcohol ultimately reduce your sleep quality and duration. Nicotine or alcohol consumption is not beneficial for health. Nicotine is a stimulant but does not improve performance when taken regularly.

Reduce Noise

Noise can prevent you from falling asleep and cause sleep disruption. Try turning off the TV or other loud family entertainment devices when you are attempting to sleep so they can be aware of the impact of their noise. Consider wearing earplugs or utilizing white noise.

Food Before Bed

Avoid eating large meals four hours before bedtime. If you are hungry before bed, consider a light snack. Avoid foods that are heavy in carbohydrates, fat, spicy foods, dairy, or processed foods as they are more difficult to digest and/or may cause stomach pain.

PREPARE YOUR MIND & BODY

As bedtime approaches, strategies you can implement to promote sleep include creating a bedtime routine like a warm bath before bed or gentle and non-strenuous exercise. Try reducing anxiety and stress immediately prior to bedtime.