

HEALTHY SLEEP HYGIENE

Before Sleeping



Avoid caffeine, nicotine, and alcohol before sleeping.



Avoid heavy meals, food that is spicy or high in fat, and snacking within 2 hours of sleeping.

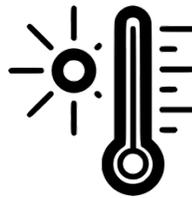


Regular exercise is great for sleeping, but avoid energetic exercise within three hours of sleeping.

Getting Ready for Sleep



Create a 30-minute-long pre-bedtime ritual including low-key activities like reading, meditating, stretching or listening to music.



Reduce extreme light, temperature, and noise in your bedroom. Low light helps your body naturally produce melatonin, which induces sleepiness.



Stop **all** screen time (e.g., phone, laptop, tv) an hour before bedtime. Light from screens mimics sunlight, which tricks your body into staying awake.

While Sleeping



Stay on a regular sleep schedule – go to bed and wake up at the same time every day.



Reserve your bed for **only** sleeping and sex.



If you can't fall asleep after 20 minutes, get out of bed and do something relaxing in low light. Then go back and try to sleep.