

SLEEP HYGIENE BEST PRACTICES

1. Keep a regular schedule. Our bodies like regularity. Try to go to bed and wake up at the same time. With a regular schedule, your body will know when to release calming hormones before bed and stimulating hormones to wake up.



Drink moderately

2. Keep alcohol and caffeine moderate. Both will interfere with sleep. Try to avoid caffeine within 8-9 hours of your bedtime.

3. Eat and drink appropriately. A regular to smallish-sized meal about 2-3 hours before bed, one that is balanced in nutrients, can help facilitate sleep. Try not to drink too much liquid in the hours before bed, which will help you avoid waking up for bathroom breaks.



4. Do a brain dump. Take a few minutes to write out a list of whatever is bugging you. Whatever is in your brain, get it out and on to paper.

5. Turn off electronics. Digital devices stimulate our brain. We recommend unplugging from all screens at least 30 minutes before bed. This includes television, computers, and smartphones. The screens release a blue light that prevents our brain from preparing for sleep.

