



# SLEEP HYGIENE TIPS

Healthy sleep habits can improve your mood and academics, and reduce stress, so you are better prepared to face the day!

## FOLLOW A CONSISTENT BEDTIME ROUTINE

Going to bed at the same time every night (*even on weekends!*) helps our body's rhythm to regulate and feel tired when we want to go to bed.



**PRO TIP:** Avoid taking naps! If you need to nap, then limit to an hour max and before 3pm.



## ONLY USE YOUR BED FOR SLEEPING

This lets your body know when you get into bed it is time to sleep and start feeling tired. Avoid watching TV or doing schoolwork in your bed.

## AVOID SCREENS BEFORE BED

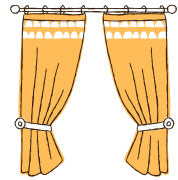
Turning off screens at least an hour before bedtime can help your body regulate sleep and get ready for bed. Try reading a book instead.



**PRO TIP:** Set "DO NOT DISTURB" mode to turn on automatically an hour before bedtime.

## CREATE AN IDEAL SLEEPING SPACE

Your room should be quiet and comfortable. When possible, remove excess light with curtains or an eye mask, keep your room cooler, and use earplugs or fans if you live in a noisy area.



## EAT HEALTHY & AVOID CAFFEINE & ALCOHOL



If you are hungry at night, eat a light healthy snack like almonds

A healthy and balanced diet can help promote better sleep but timing is important too. Avoid eating huge meals right before bedtime.

Caffeine in soft drinks, energy drinks, coffee and some teas will disrupt sleep. Limit these past the afternoon.

## EXERCISE REGULARLY

This gets rid of excess energy and promotes better sleep. Early morning or afternoon workouts are ideal. Avoid strenuous exercise a few hours before bedtime



**PRO TIP:** Early morning workouts can motivate you to get up and start your day and help your circadian rhythm!



**PRO TIP:** Try including brushing your teeth, getting into sleepwear, and relaxation or breathing exercises!

## FOLLOW A SLEEP RITUAL

Developing your own routines before bedtime and sticking to them helps remind your body it is time for sleep.