



TIP SHEET ~ Sleep Hygiene

Quality sleep is essential for your physical and mental well-being. Practicing good sleep hygiene can help you achieve restful and restorative sleep. Here's a practical tip sheet to improve your sleep hygiene:

1. **Maintain a Consistent Sleep Schedule:**

- Go to bed and wake up at the same time every day, even on weekends.
- Consistency helps regulate your body's internal clock, making it easier to fall asleep and wake up refreshed.

2. **Create a Relaxing Bedtime Routine:**

- Develop a calming pre-sleep routine to signal to your body that it's time to wind down.
- Activities like reading, gentle stretching, or taking a warm bath can be soothing.

3. **Mind Your Diet:**

- Avoid heavy meals, caffeine, and alcohol close to bedtime.
- These can disrupt your sleep and make it harder to fall asleep.

4. **Create a Comfortable Sleep Environment:**

- Keep your bedroom cool, dark, and quiet.
- Invest in a comfortable mattress and pillows that support your sleep preferences.

5. **Limit Screen Time Before Bed:**

- The blue light emitted by screens (phones, tablets, computers, TVs) can interfere with your sleep.
- Avoid screens at least an hour before bedtime, or use blue light filters if necessary.

6. **Manage Stress:**

- Practice stress-reducing techniques, such as mindfulness meditation, deep breathing, or progressive muscle relaxation.
- Reducing stress can help you sleep more soundly.

7. **Be Active, but Not Too Close to Bedtime:**

- Regular physical activity can improve sleep, but avoid vigorous exercise within a few hours of bedtime.
- Gentle activities like yoga can be helpful.

8. **Watch Your Liquid Intake:**

- Minimise drinking liquids, especially caffeine and alcohol, in the hours leading up to bedtime.

- This can reduce the likelihood of waking up during the night to use the bathroom.

9. Avoid Naps, or Keep Them Short:

- Long daytime naps can interfere with night-time sleep.
- If you need to nap, limit it to 20-30 minutes and avoid late afternoon naps.

10. Manage Your Exposure to Natural Light:

- Exposure to natural light during the day can help regulate your sleep-wake cycle.
- Spend time outdoors during daylight hours, and open curtains during the day.

11. Limit Clock-Watching:

- Constantly checking the clock when you can't sleep can create anxiety and make it harder to fall asleep.
- Turn your clock away from your line of sight.

12. Reserve Your Bed for Sleep and Intimacy:

- Avoid using your bed for activities like work or watching TV.
- Associating your bed with sleep and intimacy can improve your sleep quality.

Remember, improving sleep hygiene may take time and experimentation to find what works best for you. Be patient and consistent in implementing these tips and consult with a healthcare professional if you continue to have sleep problems.