



# Sleep Hygiene

## Meditate

Just 5-10 minutes of breathing exercises can help relax your body, decrease stress and slow racing thoughts.

## Prep Your Bedroom

Dedicate part of your bedtime routine to transforming your bedroom into a sleep oasis. Make a ritual out of making things as cool, dark and quiet as possible.

## Regular Routine

It is a good habit to train your body to go to sleep and wake up at about the same time every day, even on weekends! Irregular sleep times can disrupt your sleep. A regular pre bedtime routine each night (e.g. brush teeth) will signal your brain that you are preparing for sleep.

## Bed Is For Sleeping

Try not to use your bed for anything other than sleeping and sex! If you use your bed as a place to eat, watch TV, work on your laptop or work/school related tasks, it will become a less relaxing environment!

## Eat Right

Diet and nutrition can influence the quality of your sleep. Avoid consuming high sugar and caffeine foods before bed time as these substances can interfere with the ability to fall asleep.

## Journaling

Journaling about three things you are grateful for each night for a few minutes can help you reflect on the positive events of the day and ensure a positive mindset before falling asleep.

## Limit

Avoid screens at least 30 minutes before bedtime!  
Instead grab a book.

