



How to Improve Your Sleep Hygiene



Dihmes & LaPenna, 2022

Stick to a Routine

Try to go to bed and wake up around the same time every day, even on weekends. Your body clock works best when you stick to a schedule.

Create a Comfortable Environment

Make your bedroom as cozy as possible to maximize your sleep and comfort. The room should be quiet, dark, relaxing, and set to an enjoyable temperature.

Open a Good Book

Reading before bed has many benefits, including reducing stress, accelerating the amount of time it takes to fall asleep, and distracting your brain with information or stories to take your mind off your own troubles.

Keep Electronics Away

The blue light on your phone or computer screen delays the production of melatonin, making it difficult to fall asleep. Staring at a screen also increases alertness, keeping you awake.

Drink Caffeine-Free Tea

A warm cup of tea can help calm your mind and relax your body. Tea can also help decrease stress and anxiety, and help induce sleep. Try Chamomile, Peppermint, or Lavendar tea!

Have an Early Dinner

Eating dinner earlier gives your body more time to digest and stabilize blood-sugar levels. Going to bed on a full stomach may lead to acid reflux or indigestion, which can disrupt sleep.