



Sleep Hygiene



Sleep Hygiene refers to the bed-time habits that help Improve the quality and duration of sleep.

DO's

Set a fixed time to fall asleep and to wake up.

Test various relaxation methods. See if stretching, meditation, or music work for you.

Optimize your bedroom. Make sure your bed and the surroundings are comfortable.

Be physically active. Regular exercise makes It much easier to sleep.

DONT's

Try to avoid using screens before bed. Try reading Instead!

Avoid drinking caffeine In the afternoons and evenings.

Refrain from doing activities In bed other than sleeping and sex.

Toss and turn too long. If you can't sleep after 20 minutes, reset your routine until you feel tired again.