

## Sleep Hygiene Tips



### Before sleeping

- Have a bedtime routine: do relaxing activities to train the brain for sleep
- NO electronics 30 minutes before going to sleep: blue light keeps circadian rhythms active
- Standard bedtime: every day, including weekends. This helps to train the body to sleep.

### If you wake up mid-way through

- 20-minute rule: do not stay in bed for more than 20 minutes after waking up and tossing/turning in bed
- Do relaxing activities: reading, meditating, puzzles, or writing down worries ("worry jar")

### When you wake up for the day

- Standard wake up time: every day, including weekends. This helps to train the body for alertness and builds up sleeve drive
- Avoid caffeine after 1 pm: caffeine remains in the body for 8 hrs. after consumption
- Limit naps: if necessary, keep them short (no more than 30 minutes) to promote "sleep hunger"