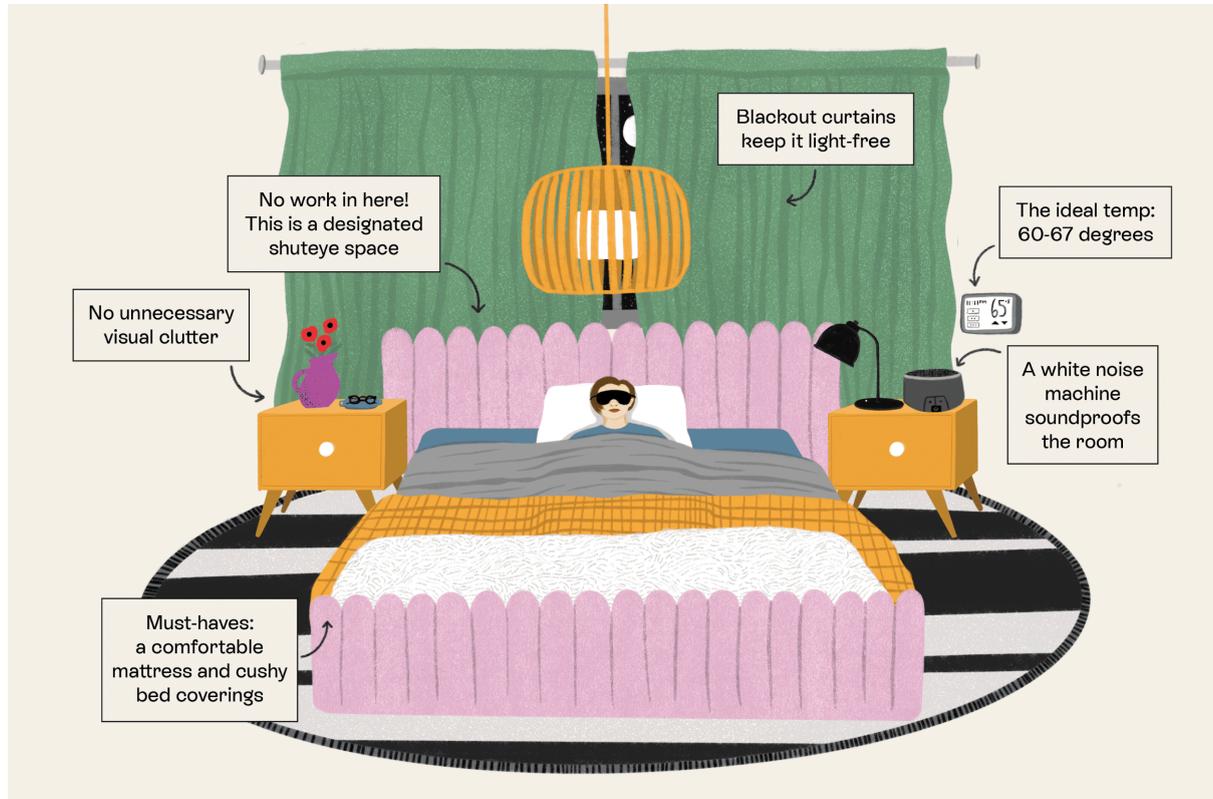


Good Sleep Hygiene

A Practical Guide to Better Sleep



Before bedtime



Avoid alcohol, nicotine, and caffeine



Aim to eat at least two hours before bedtime



Exercise regularly and eat healthily

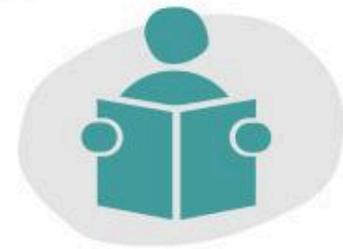
Getting ready to sleep



Sleep at regular times



Get yourself into a daily routine



Have one hour of quiet time before bed

Sleep time



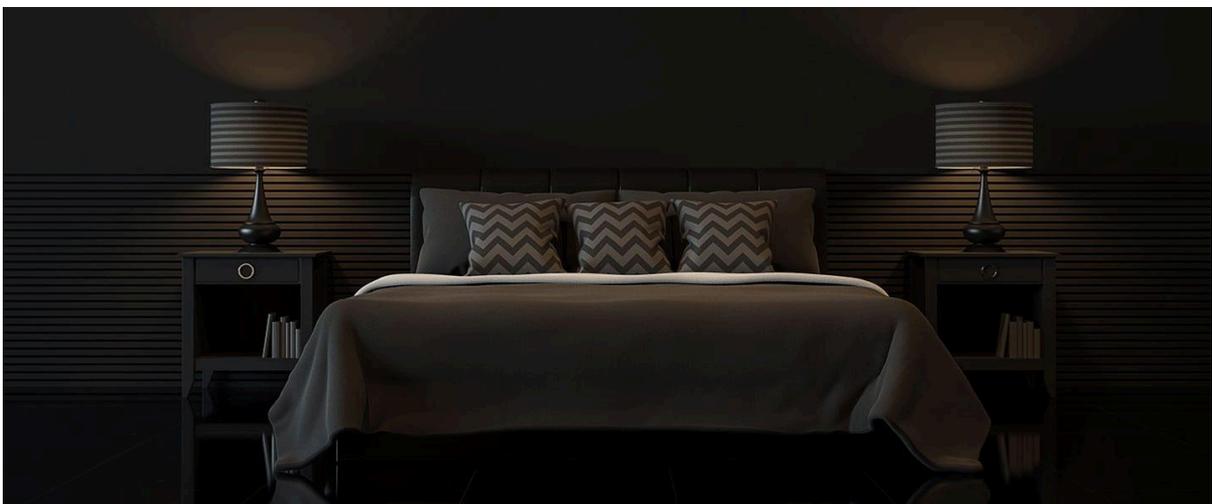
Aim for 8 hours sleep each night



Avoid screens in bedroom



Reduce light in bedroom



Good sleep is essential for mental health, emotional regulation, concentration, and physical wellbeing.

Sleep hygiene refers to **daily habits and routines that support healthy, restorative sleep**.

Keep a Consistent Sleep Schedule

- Go to bed and wake up at **the same time every day**, including weekends
- Avoid sleeping in late after a poor night's sleep
- Aim for **7–9 hours** of sleep unless otherwise advised

Consistency helps reset your body clock.

Use the Bed Only for Sleep

- Use your bed **only for sleep and intimacy**
- Avoid watching TV, scrolling on your phone, working, or worrying in bed
- If you can't fall asleep within **20–30 minutes**, get up and do something quiet until sleepy

This trains your brain to associate the bed with sleep, not wakefulness.

Create a Sleep-Friendly Environment

- Keep the bedroom **dark, quiet, and cool**
 - Use blackout curtains, earplugs, or white noise if needed
 - Ensure your mattress and pillow are comfortable
 - Keep phones and electronic devices **out of reach**
-

Watch What You Consume

- Avoid **caffeine after early afternoon** (coffee, tea, energy drinks, cola)
 - Avoid nicotine close to bedtime
 - Limit alcohol in the evening — alcohol disrupts sleep quality
 - Avoid heavy meals within **2–3 hours** of bedtime
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Reduce Screen Time Before Bed

- Avoid screens (phones, tablets, TV) for **at least 60 minutes** before sleep
 - Blue light suppresses melatonin, the sleep hormone
 - If screens are unavoidable, use night-mode or blue-light filters
-

Get Daytime Light & Activity

- Get **morning sunlight exposure** when possible
 - Stay physically active during the day
 - Avoid vigorous exercise within **3 hours** of bedtime
 - Limit daytime naps (ideally <30 minutes, before 3 pm)
-

Calm the Mind Before Bed

- Establish a **wind-down routine** (e.g. reading, gentle stretching, relaxation)
 - Try slow breathing, mindfulness, or progressive muscle relaxation
 - Write worries down earlier in the evening to avoid “bedtime overthinking”
-

Medications & Sleep

- Take sleep-related medications **only as prescribed**
 - Avoid self-adjusting doses
 - Discuss ongoing sleep problems with your doctor rather than relying on long-term sleeping tablets
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When to Seek Help

Speak to your doctor if you:

- Have ongoing sleep problems lasting **more than 4 weeks**
- Snore loudly, stop breathing during sleep, or wake unrefreshed
- Experience nightmares, panic, or severe anxiety at night
- Feel excessively sleepy during the day

Sleep difficulties are common and **treatable**.

Remember

Improving sleep often takes **time and consistency**.
Small changes, practiced daily, can lead to meaningful improvement.

Footnote

If you'd like, I can next: