

Sleep Hygiene

Poor sleep can negatively impact your daily life.
Practicing good sleep hygiene can have a positive impact.

Poor Sleep Hygiene Can:

- Interfere with work and academic performance
- Decrease your productivity and decision making
- Decrease your ability to cope with stress
- Increase risk of developing mood disorders, such as anxiety and depression

Good Sleep Hygiene Can:

- Help your ability to listen, concentrate, remember, learn, and problem solve
- Allow your body to repair itself to keep you physically healthy
- Improve your mood and well-being

Do's & Don'ts Before Bed

- Do set a fixed bedtime and awake time
- Do create a bedtime routine - such as bathe, read a book, or listen to music
- Do keep the bedroom cool, dark, and quiet
- Do try relaxing stretches or yoga
- Don't exercise strenuously
- Don't consume large or fatty meals
- Don't do your homework or study in bed
- Don't drink caffeine or alcohol



Preparing your Sleeping Environment

- 1 Reserve your bed for sleeping and sickness
- 2 Relax and do not take your worries to bed
- 3 Eat a light snack before bed
- 4 Perform your pre-sleep ritual
- 5 Block out all distractions, including cell phone lights and sounds
- 6 Sleep in comfortable conditions