

Sleep Hygiene

SIMPLE HABITS TO HELP YOU SLEEP BETTER

Sleep hygiene is both your sleeping environment and behavior. Achieving healthy sleep is important for both physical and mental health, improving productivity, and overall quality of life.

One hour before bed

Begin to unwind and prepare the body and mind for rest and relaxation with repeatable routines

- Set a “Digital Sunset” alarm to remind you to unplug
- Turn off TV & phone - blue light affects melatonin production
- Unwind - sip decaf tea or warm milk, stretch, take a bath/shower, read, spend time with a partner or pet
- Clear your mind - write down thoughts and/or tomorrow’s tasks, or use a gratitude journal to put yourself in a positive headspace



Create a sleep-friendly space

Have a supportive environment to support deep sleep

- Keep it cool (65°-68°F, dark and quiet)
- Use earplugs and/or an eyemask
- Listen to guided sleep meditations, storyscapes, nature sounds, or white-noise
- Diffuse a lavender scent
- Bedroom = sleep and intimacy only



Stick to a sleep schedule

Improves brain performance, mood, and long-term health

- Adults need 7-9 hours of sleep nightly
- Go to bed and wake at the same time daily, even on weekends
- If your mind is racing, write down the thoughts to clear your head
- Keep naps <30 minutes
- If awake 20+ minutes, leave the bed for a quick reset and do a relaxing activity in another room until sleepy



Support sleep with healthy choices

Set yourself up for success with habits that assist sleep

- Exercise regularly: It improves sleep depth and quality
- Eat last meal 3+ hours before bed
- Avoid alcohol 3-4 hours before bed; It can make you sleepy but reduces REM sleep
- Avoid caffeine 6+ hours before bed
- Track sleep quality and length with a wearable device like a FitBit or Aura Ring
- Make sleep a priority



Sleep facts

- Chronic sleep loss mimics the impairment of being drunk
- Seek help from your physician if you have ongoing insomnia, loud snoring, or persistent fatigue despite getting 7-9 hours of sleep
- Sleep can be affected by stress, medications, menopause, diet, shift work, and illness
- More than 1/3 of adults report feeling sleepy during the day at least half of the week, impacting mood, mental clarity, and productivity
- Adults who sleep <5 hours are 2.5x more likely to develop diabetes and associated with a 45% increased risk of a heart attack
- Tiredness peaks around 2am and 2pm for most people

Resources

APPS:

- BetterSleep
- MindSpa
- Slumber
- Sleep Sounds
- Soothing Sleep Sounds

ORGANIZATIONS:

- National Sleep Foundation
- American Academy of Sleep Medicine
- Project Sleep

YOUTUBE:

- Yoga Nidra
- Guided Imagery
- Guided Progressive Muscle Relaxation

**NEED HELP WITH YOUR SLEEP?
A HEALTH COACH CAN HELP!
CONTACT JESSICA MORRIS AT
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859-760-6191.**

LET'S CHAT!