

SLEEP HYGIENE

TIPS TO HELP YOU SLEEP BETTER

What is “sleep hygiene”? Sleep hygiene is used to describe a variety of sleep-related habits that help you to sleep better at night and feel more alert during the day.

PERSONAL HABITS

ESTABLISH A DAILY SLEEP SCHEDULE to go to sleep and wake up at the same time.

EXERCISE REGULARLY, but not right before bedtime.

AVOID LONG NAPS DURING THE DAY as they will make you less tired at night. If you decide to take a nap, limit it to 20-30 minutes.

FINISH EATING at least 2-3 hours before going to sleep. Avoid caffeine for at least 6 hours before going to sleep.



BEDTIME PREPARATIONS

ESTABLISH A RELAXING BED-TIME ROUTINE prior to getting in bed, such as praying, taking a warm bath or shower, aromatherapy, reading, or listening to soothing music.

LEAVE YOUR WORRIES AT THE DOOR. Find a time to write down problems and solutions in the late afternoon or early evening, but not close to bedtime.

If you have trouble falling asleep, get out of bed and **DO SOMETHING SOOTHING** until you feel tired enough to go back to sleep.



SLEEPING ENVIRONMENT

SLEEP IN A ROOM THAT IS



dark, quiet, comfortable, and cool.

AVOID BRIGHT LIGHTS (including television, computers, and phones) before going to sleep because they are mentally stimulating.

USE YOUR BED ONLY FOR SLEEP—not eating, doing homework, or browsing the internet. This helps your body associate your bed with sleep, not activity.



Counseling Center

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NOTE:

Several factors are known to upset sleep including medical conditions, medications, and psychological/mental health concerns. Consulting with medical and mental health professionals can be helpful if sleep difficulties persist despite improved sleeping habits.