

7 Steps to Better Sleep Hygiene

- 1** Regular and consistent bedtime routine.
Set a consistent go-to-bed and wake-up time.
- 2** Spend time in natural light during the daytime.
Reduce exposure to backlit devices that emit blue light (looks like sunshine to your brain) before bed, including TVs, cell phones, and computers.
- 3** Limit substances like caffeine, alcohol, sugar, and nicotine in general and especially after 2pm.
- 4** Exercise at least 10 minutes during the day.
- 5** Keep daytime naps to a minimum.
Naps can be useful, but keep them short and earlier in the day.
- 6** Practice a mental and physical relaxation routine before bedtime to calm stress and anxieties.
- 7** Create your first (simple) routine.
Here's an example: Within the last hour before bed, start with Step 6, then start performing other habits like brushing your teeth, washing your face, laying your clothes out for the morning, etc. Finally, as you are in bed and ready for sleep, have a final habit that signals you are prepared to fall asleep (i.e. stretch your wrists and message your palms; this is also great for people who do a lot of typing)

NOTE: Do what works for you and keep it simple. The key is to have a routine before bed which creates the habit of signaling your body that it's time for sleep.