

# sleep hygiene...



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## HINTS FOR A BETTER NIGHT'S SLEEP

**Sleep when sleepy.** Only try to sleep when feeling tired to avoid spending too much time awake in bed.

**Sleep rituals.** Develop your own bedtime rituals to remind your body it's time to sleep.

**Get regular.** Go to bed and get up at the same time every day.

**No naps.** Avoid taking naps to make sure you're tired at bedtime.

**Bed is for sleeping.** Try not to use your bed for anything other than sleeping so that your body can associate your bed with sleep.

**The right space.** Keep your bedroom quiet, dark, and comfortable for sleeping. You can use an eye mask to block out light.

**Listen Closely.** Put on some music or an audiobook to listen to. Make sure it is on so quietly that you have to concentrate to hear it.

**Be kind to yourself.** Getting into a good sleep routine can be tricky, but you will get there!

# MY SLEEP RiTUALS

Develop your own rituals to do before bed to remind your body it's time to sleep.



Date	Time I went to sleep last night:	Time I woke up today:	Hours of sleep:	I had trouble falling asleep (yes/no)	I had trouble staying asleep (yes/no)	I woke up feeling well rested (yes/no)