😴 Sleep Hygiene: A summary 😴

Bedtime Routine

- Go to bed and get up at the same time every day
- Have a hot shower or bath 1 hour before going to bed
- Do the same things in the same order in your wind-down routine
- Go to bed when you're sleepy – if you're awake in bed for 15-20 minutes, get up and do a quiet activity somewhere else.
- Use your senses – make a sleep playlist, make your room a certain smell, have a fluffy blanket on your bed
- Use relaxation techniques

Lifestyle Factors

- Don't eat a big meal just before going to bed – your body needs time to digest its food (especially if it's spicy/very sugary)
- Try a milky hot drink before bed instead of other caffeinated drinks
- Smoking before going to bed keeps you awake
- Exercise (but not too late in the evening as it will make you feel awake)
- Try not to nap during the day

Bedroom Environment

- Use your bed only for sleep
- Open the window if you can – fresh air helps to promote good sleep
- Try to make your room as distraction-free as possible
- Try to make your room as dark as possible – optimal bedrooms are quiet, cool and dark
- Turn screens off 1hr before wanting to go to sleep
- Get a Blue Light app for your phone
- If your bed isn't comfy, try putting a duvet underneath your sheet

Dealing with Worries

- Write your worries down
- Use your worry tree- it's unlikely that problems can be solved at 2am
- Use relaxation techniques
- Meditate
- Read a book to take your mind off your worries
- Talk to somebody you trust about your worries earlier in the day
- Don't clock watch! It's likely to make you worry more and then feel more awake