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

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

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