



Sleep Hygiene

- **Address your caffeine:** Try to either reduce, eliminate, or cut yourself off earlier in the day.
- **Nicotine:** Again, Try to either reduce, eliminate, or cut yourself off earlier in the day.
- **Alcohol:** Alcohol is a sedative, so it does help us fall asleep. But, it's really not a good thing for your overall sleep quality.
- **Marijuana:** it fragments your sleep cycles, preventing you from getting deep restorative sleep that is really important for you to function at your best.
- **Teach your brain where you sleep:** Wherever you lay down to sleep, make sure that's the only thing you do there so you build the association (sex is the only exception).
- **Make a routine:** If you want to build on that association you can make a routine before you go to sleep. Your brain will learn the routine and will understand that it is time to prepare for sleep.
- **Get rid of distractions:** Try to reduce loud noises, bright lights or other stimulating/distracting things where you sleep.
- **Limit napping:** Sticking to less than 90 minutes is usually best.
- **Sleep in a cool temperature:** 60-65F or 15-19C will help your body fall asleep quicker and get to the ideal temperature for restoration
- **Exercise:** Exercise (because it DOES enhance your sleep/wake cycles, but be done 1-2 hours BEFORE sleeping.
- **Do something to relax in the evening;** a warm bath, shower, foot soak, etc.
- **Use melatonin** As needed