



Sleep Hygiene Techniques

1. Avoid caffeinated beverages or chocolate after 3 pm preferably after 12 noon each day.
2. Avoid exercising rigorously 2 hours before bed.
3. Keep the TV and other electronics out of the bedroom entirely.
4. Wind down each evening 1 hour prior to bed with a good routine that tells your body and mind it is time to get ready for sleep.
5. Try to go to bed at the same time each night so your body and brain get used to a routine.
6. Avoid using your computer, tablets, Kindle, etc., at least 2 hours prior to bed (blue light emitted from these devices tells your brain it is time to be awake).
7. Avoid drinking alcohol within 2 hours prior to bed.
8. Meditate for 5-10 minutes prior to bedtime.
9. If you cannot get to sleep within 30-45 minutes of going to bed just get up and drink some tea, read a book or try sleeping in another room. This often works!
10. Be mindful that how you “go about your day” as this directly impacts how you go about your evening and ultimately how well you sleep.