

Sleep Hygiene Guide



Disconnect from Electronics

Create a 60-minute device-free zone *before bed*. Engaging in activities like scrolling through social media, reading news articles, or playing video games can stimulate your mind, making it harder to unwind and prepare for sleep.



Dim the Lights

Reduce exposure to bright lights in the evening. Keeping your environment dim can aid melatonin production, a hormone vital for initiating sleep.



Avoid Stimulants

It's crucial to refrain from consuming stimulants like caffeine, alcohol, and nicotine for at least 6 hours *before bed*. These substances can interfere with your sleep-wake cycle, making it difficult to fall asleep.



Prioritise Winding Down

Allocate about 45 minutes for winding down *before bed*. Engage in relaxing activities, such as listening to soft music, light stretching, or practicing mindfulness to signal to your body that it's time to rest.



Establish a Bedtime Routine

Develop soothing pre-sleep rituals to signal your body it's time to relax. Consider incorporating:

- Gentle stretching
- Meditation or relaxation exercises
- Listening to calming music
- Taking a warm bath or shower 1-2 hours prior to sleep



Limit Clock-Watching

Position clocks out of view to diminish the temptation to check the time *during the night*, which can create unnecessary stress.



Avoid Tossing and Turning

If you can't fall asleep within 20 minutes, get out of bed and engage in a calming activity, like gentle stretching or reading, until you feel tired again.

