Sleep Hygiene Tips

Stay on Schedule:
Regular sleep patterns are important. Ensure you get up and go to bed at the same time every day, including weekends.

Be Careful With Naps:
If you wake up at night, try cutting out your daily naps. If you do nap, limit it to no more than 30 minutes.

Exercise Everyday:
Being active during the day will improve your sleep at night but avoid vigorous exercise less than 3 hours before bed.

Avoid Stimulants:
If caffeine, tobacco and alcohol are taken too close to bedtime, they can cause your sleep to be lighter and have you up to the washroom more often.

Eliminate Distractions:
If you catch yourself watching the clock, turn it around. If your pets keep you up, keep them in another room. If your phone vibrates, turn it off.

Unwind Before Bed:
Leave the day's stress at the door. A warm bath 2 hours before bedtime may help you relax before bed.

Over-The-Counter Sleep Aids:
As with all medications, consult your physician or nurse practitioner about your options.

You and Your Bed:
Wear loose-fitting nightclothes, and ensure your pillow and mattress are as comfortable as possible.

Keep Technology Out of the Bedroom:
From phones to e-readers and tablets, limit technology use prior to bedtime, especially the hour before.

Associate Your Bedroom With Sleep:
Don't turn your bedroom into an office or activity room. Keep your bedroom for sleep, sex and relaxation.

Healthy Meals:
Healthy eating is important for sleep. Having a light snack or warm milk in the evening may also help you fall asleep at night.

Sleep Timing:
Go to bed when you feel sleepy. Be Patient: If lying in bed awake makes you restless, leave the bedroom and do something relaxing until you feel sleepy, then go back to bed and try again.

Keep Your Bedroom Cool, Quiet and Dark:
The right atmosphere can help you fall asleep. Try earplugs, eye shades or a white noise machine to help mask background sounds.

If you struggle with sleep, you're not alone. Actively apply these tips to get the sleep you deserve.

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