

# Sleep Hygiene

Strong sleep hygiene means having both a bedroom environment and daily routines that promote consistent, uninterrupted sleep. Keeping a stable sleep schedule, making your bedroom comfortable and free of disruptions, following a relaxing pre-bed routine, and building healthy habits during the day can all contribute to ideal sleep hygiene.

## Why is Sleep Hygiene Important?

Obtaining healthy sleep is important for both physical and mental health, improving productivity and overall quality of life. Everyone, from children to older adults, can benefit from better sleep, and sleep hygiene can play a key part in achieving that goal.

## What Are Signs of Poor Sleep Hygiene?

Having a hard time falling asleep, experiencing frequent sleep disturbances, and suffering daytime sleepiness are the most telling signs of poor sleep hygiene. An overall lack of consistency in sleep quantity or quality can also be a symptom of poor sleep hygiene.

### Set Your Sleep Schedule

- Have a Fixed Wake-Up Time
- Prioritize Sleep
- Make Gradual Adjustments

### Cultivate Healthy Daily Habits

- Get Daylight Exposure
- Be Physically Active
- Don't Smoke
- Reduce Alcohol Consumption
- Cut Down on Caffeine in the Afternoon and Evening
- Don't Dine Late
- Restrict In-Bed Activity

### Follow a Nightly Routine

- Keep Your Routine Consistent
- Budget 30 Minutes For Winding Down
- Dim Your Lights
- Unplug From Electronics
- Test Methods of Relaxation
- Don't Toss and Turn

### Optimize Your Bedroom

- Have a Comfortable Mattress and Pillow
- Use Excellent Bedding
- Set a Cool Yet Comfortable Temperature
- Block Out Light
- Drown Out Noise
- Try Calming Scents

## Is Sleep Hygiene the Same for Everyone?

The basic concept of sleep hygiene — that your environment and habits can be optimized for better sleep — applies to just about everyone, but what ideal sleep hygiene looks like can vary based on the person.

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