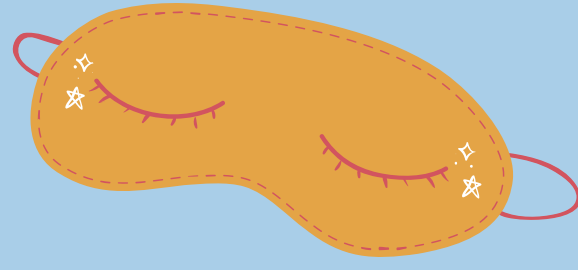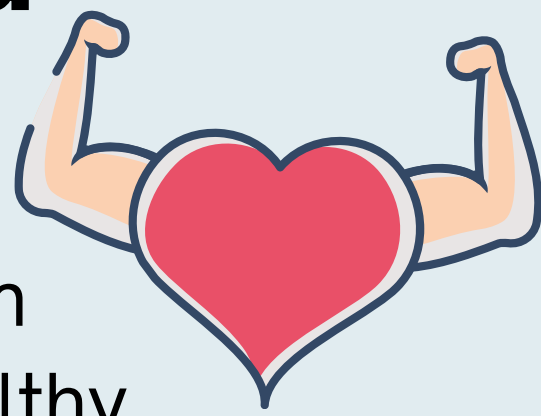# Sleep Hygiene

What is Sleep Hygiene?

Sleep hygiene refers to the healthy habits, behaviours, and environmental factors that can be altered to help improve a good night's sleep.

Benefits of a good sleep routine

- Strengthens immune system
- Helps one to maintain a healthy weight
- Regulates blood sugar
- Promotes heart health
- Promotes recovery after exercise
- Improves memory, learning, and concentration
- Reduces stress and improves your mood

Sleep Hygiene Resources

For more information on sleep hygiene, please refer to:

- Sink into sleep - Resources for sleep hygiene
- Sleepwell - Insomnia
- Canadian Sleep Society - Sleep Podcasts

Examples of Sleep Hygiene apps:
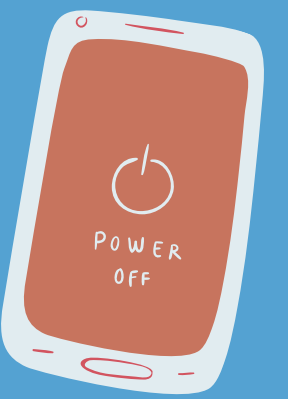
- Pillow
- Calm
- BetterSleep

Habits that Improve Sleep

1. Daytime

- Consistent wake time
- Participate in regular exercise
- Only early/ daytime use of caffeine, nicotine and other stimulants
- Avoid going to be too full or hungry
- Avoid napping or keep naps short (i.e. 15-30 minutes) and before 3pm

2. Before Bed

- Avoid screen time 30 minutes before bed
- Avoid use of stimulants or alcohol
- Avoid bright lights or loud sounds
- Relaxation activities such as guided meditation, deep breathing or listening to soothing sounds
- Finish your "planning" by writing down items for the next day or "worry time" through journaling

3. In Bed

- Consistent Bedtime
- Bedroom should be dark and quiet
- Bedroom should be comfortable and not hot in temperature
- Turn away alarm clock
- If you cannot fall asleep within 15-20 minutes, get out of bed and return when sleepy