

# Sleep Hygiene - Behavioural Tactics



Follow these tips for a better nights sleep:

- 1) Expose yourself to natural sunlight in the morning when you get up and later in the evening when the sun is close to setting.
- 2) Once the sun sets keep your environment as dark as possible using dimmer lights or night lights.
- 3) Do not expose yourself to any screens or bright lights within the hour of you going to bed.
- 4) Eliminate caffeine after 2 pm.
- 5) Stop drinking fluids two hours before you head to bed for sleep.
- 6) Limit alcohol intake or try not to have any alcohol after 5 pm.
- 7) Do not read in bed (instead read in a chair or couch and once tired go to bed).
- 8) Make sure to keep yourself on the cool side, keep your room cool if possible or sleep with just a sheet.
- 9) Set regular sleep time and wake up time and try to stick to the same pattern everyday.
- 10) Establish a night time routine such as shower or bath, brush teeth, read for 20 minutes, journal, do breathing exercises or light stretches etc. and follow the same regimen every evening.

Secret Weapon:

If all else fails and you're tossing and turning...

Youtube yoga nidra for sleep and choose a guided meditation to fall asleep to (save your favourite ones).