

# SLEEP HYGIENE

What is

## SLEEP HYGIENE?

Sleep hygiene is a variety of different practices and habits that are necessary to have good nighttime sleep quality and full daytime alertness.

Signs of poor

## SLEEP HYGIENE:

Difficulty falling asleep, frequently waking up through the night, and daytime sleepiness are the most common signs of poor sleep hygiene. If you experience any of these, you should consider evaluating your sleep routine and revising your bedtime habits. Just a few simple changes can make the difference between a good night's sleep and night spent tossing and turning.

## TIPS FOR SLEEP

- ▶ **Limit yourself to one daytime nap of 20-30 mins**  
Napping does not make up for inadequate nighttime sleep.
- ▶ **Avoid stimulants like caffeine and nicotine close to bedtime**
- ▶ **Moderate alcohol consumption**  
It may help you fall asleep but will disrupt your sleep as your body processes it.
- ▶ **Exercise at least 10 minutes a day**  
Walking, cycling, or some sort of aerobic exercise can drastically improve nighttime sleep quality. Try not to over-exert right before bed.
- ▶ **Avoid heavy or rich foods before bedtime**  
Fatty/fried meals, spicy dishes, citrus fruits, and carbonated drinks can trigger indigestion or heartburn at night.
- ▶ **Get natural light**  
Go outside or be near a window for as much as possible during the day.
- ▶ **Establish a regular bedtime routine**  
Take a shower, read, do yoga, avoid stressful conversations and situations. Do the same activities every night before bed to help your body recognize your sleep routine.
- ▶ **Have a comfortable and clean sleep area**  
Keep your bedroom clean, use clean comfortable bedding, keep your room cool, use low lighting, avoid bright tv/phone/tablet screens, use white noise like a fan to help drown out background noise.

HEALTHY TRANSITIONS

ROADS OF  
INDEPENDENCE



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