

# Sleep Hygiene

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When it comes to your health, sleep is just as important as regular exercise and eating a balanced diet. Creating a healthy sleep routine will help you to maintain your overall health and wellbeing.

**List some examples below of how you can improve your sleep hygiene by...**

**Creating a relaxing nighttime routine:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Limiting stimulating behaviors before bedtime:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Destressing, using relaxation techniques:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Maintaining a regular physical activity routine:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Not going to bed hungry:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Peer leaders: use the examples below to guide participants if needed:

### **Creating a relaxing nighttime routine:**

- Take warm bath/shower
- Do quiet activities
- Lower lights
- Make sure bedroom not too hot or too cold
- Go to bed, wake up at same time everyday

### **Limiting stimulating behaviors before bedtime:**

- Limit caffeine after 2 pm
- Limit alcohol after dinner
- Limit large, spicy meals
- Limit vigorous exercise 4-6 hours before bed
- Turn off electronic devices at least 30 minutes before bed

### **Destressing, using relaxation techniques:**

- Meditation

### **Maintaining a regular physical activity routine:**

- Take regular walks
- Try chair yoga

### **Not going to bed hungry:**

- Eat light snack (almonds, turkey, chamomile tea, kiwi, walnuts)
- Use hunger scale