



Sleep Hygiene

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. _____