

SLEEP

HYGIENE TIPS



Aware Psychology & Coaching



SLEEP

Hygiene Tips

01

Try to ensure your room is as dark as possible

02

No caffeine up to 6 hours before bed

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Try to reduce noise

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Avoid alcohol before bed

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Find ways to reduce your stress (mindful body scans or breathing meditation)

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Try to avoid sleeping pills. These can impact the quality of your sleep.

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Set up a bedtime routine and get to bed at the same time each night. Try for 10pm at the latest.



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Hygiene Tips

— 08

No screens one hour before bed

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Finish your last meal three hours before bed

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Avoid high intensity exercise within 3 to 4 hours before bed

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Use bed only for sleep or intimacy. (No food, studying or TV in bed)

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Do not lie in bed tossing and turning. Get out of bed and either meditate or read a book, then return to bed when sleepy.