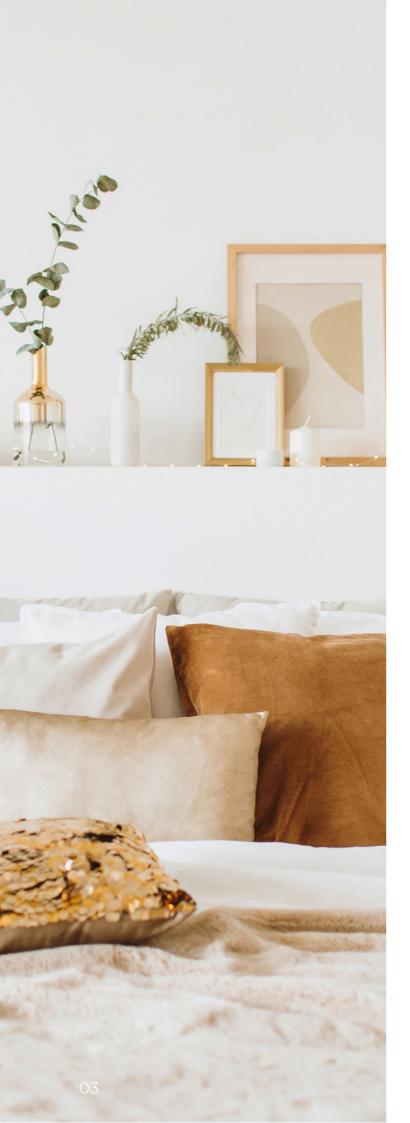


Aware Psychology & Coaching



SLEEP Hygiene Tips

___ 01

Try to ensure your room is as dark as possible

___02

No caffeine up to 6 hours before bed

__ 03

Try to reduce noise

___04

Avoid alcohol before bed

___05

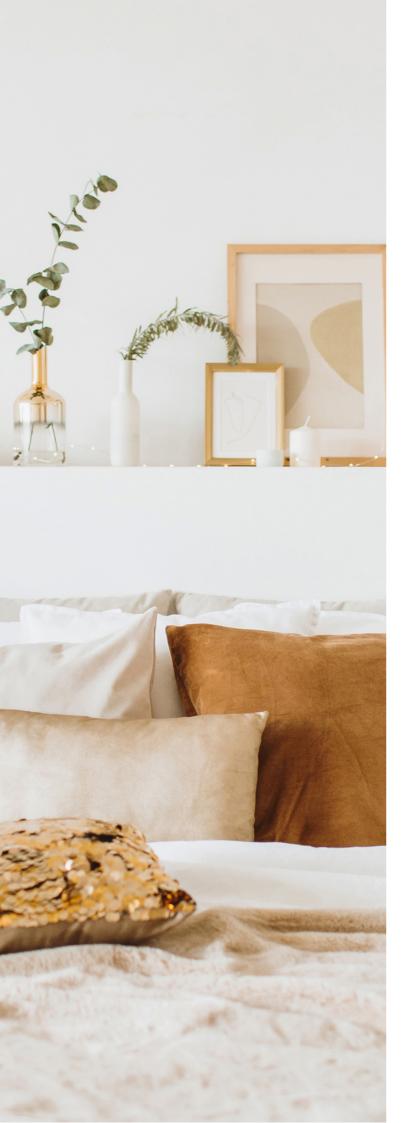
Find ways to reduce your stress (mindful body scans or breathing meditation)

___06

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

_ 07

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



SLEEP Hygiene Tips

___08

No screens one hour before bed

___09

Finish your last meal three hours before bed

___ 10

Avoid high intensity exercise within 3 to 4 hours before bed

11

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

12

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.