

# Sleep Hygiene Tips & Tracker



The first things you'll need to do are:

1. Commit to a consistent wake time, and bed time, that will work for you every day (write them down on page 3!)
2. Develop healthy morning and evening sleep rituals, and stick to them (this guide will help you through the process)

Let's get started.

## Sleep Hygiene Tips

### **Daytime**

Sleep at \_\_\_\_\_ every night and wake up at \_\_\_\_\_ every day.

- Waking up (and sleeping) at the same time daily trains your body to maintain healthy sleep patterns, making it easy to fall and stay asleep at night. Oh, and this includes weekends, too.

Get outside and expose yourself to daylight in the morning.

- Getting your daily dose of morning sun helps reinforce your sleep-wake schedule. It'll help you drift off faster and stay asleep longer in the evening.

Get your daily dose of exercise.

- Working out regularly benefits your sleep in many ways. It reduces stress levels and enhances sleep quality. It also helps ease symptoms of sleep disorders like insomnia. Do it at least 4 hours before so you won't have a hard time falling asleep.

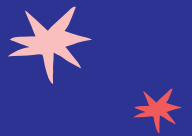
Take a 20- to 30-minute nap between 1:00 to 3:00 p.m.

- Is your battery running low? Research shows that napping in the early afternoon combined with light exercise before bed can help you sleep better. Plus, it recharges you to take on the rest of the day like a champ.

Limit your caffeine intake to max 400 mg.

- The less caffeine you take daily, the better (and that includes soda, tea, energy drinks and even chocolate). Consuming caffeine too close to bedtime can make it difficult to fall asleep. Cut off your consumption at least 6 hours before bed.

## Nighttime



Eat dinner at least 4 hours (minimum 2) before bedtime.

- Give yourself enough time to digest your evening meal. Otherwise, you're upping your risk of acid reflux (or worse, GERD) and may face a night of constant sleep awakenings. And that means poor sleep quality.

Dim the lights and put away your gadgets 2 hours before hitting the hay.

- Light (especially blue light) is the enemy of sleep. It tells your body its time to be up. Meanwhile, darkness helps your body wind down and produce melatonin, the sleep hormone.

Carry out your usual bedtime routine from \_\_\_\_\_ to \_\_\_\_\_.

- A calming and consistent bedtime routine might consist of a warm bath, listening to white noise, light reading and meditation or stretching. Doing it at the same time creates a cue that it's time to wind down for bed. It's one way to destress and relax your mind, too.

Create the ideal sleep environment by making sure your room is quiet, dark and cool before settling down.

- The optimal room temperature for sleep is 60 to 73 degrees Fahrenheit (16 to 23 degrees Celsius). Apart from white noise or calming sleep music, keep your room quiet. And most importantly, turn off the lights before you go to bed. Tip: Keep out all light with a 100% blackout Manta Sleep Mask.

Optional: Document your sleep with your preferred sleep tracker.

- Using a sleep tracker can help you understand your sleep patterns. And ultimately, your sleep quality. Knowing these can help you correct any issues for a better night's rest.

