

Sleep Hygiene

Good sleeping habits known as “Sleep Hygiene” are important for a good, restful night’s sleep that supports our mental health, our physical health, our memory and our general wellbeing. Following are some tips and guidelines for good “Sleep Hygiene.”



Strategies that can help in improving sleep include:

Go to bed when sleepy - as much as you can try to avoid forcing yourself to go to bed before you're tired

Go to bed at the same time -as much as possible

Get up and try again - If you're not asleep in 20 minutes get up and do something boring or calming until you feel sleepy

Avoid caffeine, nicotine and alcohol - Keep consumption of these at least 4-6 hours before your bed time.

Bed is for sleeping - Keep your bed exclusively for sleeping and sex, this way your body will make the connection of bed and sleep

No to naps - Avoid naps as much as possible if you're struggling to sleep at night

Develop sleep rituals - For example some people do some simple stretches before bed every night

Yes to exercise - Try to avoid doing aerobic exercise right before bed. The best time to start is early in the morning.

Eat well - A heavy meal right before bed can interrupt sleep, however some people do benefit from having a light snack before bed.