SLEEP HYGIENE

If you struggle with getting a full night's sleep try a combination of the following:

- Get up at the same time every day, even on weekends.

- Get enough sunlight during the day. This will help you sleep when it's dark.

- Cut down or stop caffeine altogether (E.g. coffee, tea, power drinks, chocolate).

- Especially avoid it past 4:00pm.

- Do some physical exercise every day. Avoid intense exercise after 6:00pm.

- Eat healthy food. Avoid heavy meals past 8:00pm.

- Take care of yourself. Avoid over-the-counter drugs and get regular medical check-ups.

- Try not to take naps during the day. It will prevent you from being tired later at night.

- Try to stop nicotine intake 4 hours before bed.

- Nicotine has stimulant properties and may keep you awake. Also, your body may crave it during the night and wake you up to get a fix.

- Try to stop drinking alcohol 2 hours before bed. Alcohol may initially help you fall asleep but your sleep will not be sufficiently restful. Alcohol reduces restorative REM sleep, the sleep you need to process events from the day. It also suppresses breathing thereby decreasing oxygen to the brain and kicking you out of restful sleep numerous times a night. It is common that people wake up throughout the night from dehydration as well.

- Make your sleep environment comfortable (but not too warm), dark, and quiet.

- Avoid screen time and stimulating activities 1-2 hours before bed.

- Have a light carbohydrate snack before bed. This helps stimulate serotonin and melatonin, the comfort chemicals that help you sleep.

- Only crawl into bed if you feel tired. Train your mind to sleep when in bed.

"Sleep is the golden chain that binds health and our bodies together"
~Thomas Dekker