

SIMPLE SLEEP GUIDE



Things that promote good sleep:

- Dark, quiet cool environments
- Very low noise and light
- At least an hour of bright outdoor light during the day
- Regular daily rhythm and sociality
- Daily moderate to vigorous exercise well before bedtime
- Meditation and relaxation

A Good Sleep Hygiene Routine

- Stop eating two hours before bedtime
- Start winding down sixty minutes before bedtime.
- Go potty, brush teeth, put on jammies
- Do a gentle stretch or night time yoga routine
- Turn off overhead lights and all screens one hour before bedtime
- Listen to calming music
- Do deep breathing exercises and/or meditation
- Put on sleep mask and ear plugs
- Sleep like a baby

Things that get in the way of good sleep:

- Irregular schedules. The body responds better when we wake up and go to sleep at the same time each day
- Daytime napping.
- Limited exposure to daylight.
- More limited social activities.
- Dependence on and resistance build up to sleep aids
- Blue light from screens which disrupts sleep patterns
- Eating less than two hours before bedtime
- Too much stimulation or activity less than an hour before bedtime
- Alcohol and caffeine

