HEALTHY SLEEPING HABITS

Tips for Better Sleep

Getting good sleep is a very important part of staying healthy. These ideas can help you start new habits to get better sleep.



Sleep in a dark room

- Seeing light can make you feel more awake.
- Keeping your bedroom as dark as possible at bedtime can help you feel sleepy.



Limit how much caffeine you drink

- Caffeine makes you feel more awake.
- Drinking caffeine too close to bedtime may impact your sleep.



If you like to exercise, do it earlier in the day

- Exercise is great for your health, but doing it too late can make you feel more awake.
- If you do exercise in the evening, keep it easy.



Limit screen time (phones, tablets, computers, TV) before bed

- The light from screens ("blue light") tells our brains to stay awake, making it harder to fall asleep.
- Set an alarm for one hour before bedtime to remind you to turn off your screens.
- If you need your phone or tablet nearby when you go to bed, use it to help you relax. Listen to calming podcasts or relaxing music.



Keep your bedroom cool

- Feeling too hot can make it hard to fall asleep.
- If you can, lower your thermostat to a cooler temperature or use a fan at night.

If you have additional sleep needs, speak to your counselor or doctor for further support.

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When you cannot sleep

If you cannot fall asleep after lying down for 20 minutes, get up and go somewhere quiet.

Then, try one of these things to help you relax:

- Read a book.
- Say a prayer or affirmation.
- Have a cup of herbal tea or water. Do not drink black or green tea, which have caffeine.
- Count your breaths.
- Think about one or two things you are grateful for.
- If you feel stressed about things you need to do or remember, write them down. Keep a pen and notebook nearby if you need to do this often.
- Do something boring, like folding clothes or updating your address book.

Try these activities for 20–30 minutes. Then go back to bed and try to sleep again.



If you have additional sleep needs, speak to your counselor or doctor for further support.

Bedtime affirmations

A bedtime affirmation is a short phrase that can help you relax and change how you think and feel before going to sleep. You can repeat some of the examples below. They might help you get a good night's rest.



A bedtime affirmation might sound like:

- My mind and body deserve to rest.
- My to-do list can wait until tomorrow. Right now, I deserve to focus on a good night's sleep.
- I am grateful for today.
- I am taking things one day at a time. I know tomorrow is another day filled with possibilities.

What bedtime affirmation would you like to try?

If you have additional sleep needs, speak to your counselor or doctor for further support.