Sleep Hygiene Guide

What is Sleep Hygiene? → Creating an environment and maintaining a routine that promotes consistent, uninterrupted sleep.

Quality sleep is a key pillar for a myriad of health-related outcomes, including: detoxificiation, mental health, cellular health, hormonal health, GI health, stress response, athletic recovery, etc.

Signs of Poor Sleep Hygiene:

- Frequent sleep disturbances
- Daytime sleepiness
- Having a hard time falling asleep
- Lack of consistency in quantity and quality of sleep

Poor Sleep Hygiene Habits:

- Too much light from electronic sources, street lamps, hallway lights, etc.
- Not enough exercise/movement throughout the day
- Large meals/ caffeniated beverages less than 2-3 hours before sleep
- Stressful/anxiety inducing content via social media/TV/literature close to bedtime

Tips for Promoting Sleep Hygiene:

Daily Habits

- **Be physcially active**
  - movement and exercise during the day will support quality sleep, even a quick 10 minute walk!
- **Cut back on caffeine in the late afternoon**
- **Have your last meal of the day 3 hours before bedtime**
- **Get daylight exposure**
  - exposure to sunlight directly impacts the circadian rhythm. Do your best to step outside as much as possible!
- **Use Blue Light blocking glasses when in front of a screen**

Nightly Routine

- **Create a consistent routine**
  - A routine will reinforce the message to your brain and body that it is time for sleep and rest
- **Dim lighting**
  - Low lighting will support the production of melatonin, a critical hormone and antioxidant that faciliates sleep
- **Wind down/ de-stress**
  - Limit "triggering" content such as news stories and graphic shows/movies
- **Find your method of relaxation**
  - Whether it be meditation, yoga, stretching, listening to an audio book/ music, or reading, practice whatever helps you relax

Bedroom Environment

- **Eliminate all light**
  - Use black out curtains or an eye mask to prevent any light from interrupting your sleep
- **Maintain a cool temperature**
  - The optimal temperature for quality sleep is between 60F-67F
- **Block noise**
  - Ear plugs, a white noise machine, or a fan all could help to block out distruptive sounds