

Sleep Strategies

1. AVOID

- Limit caffeine, alcohol and drug use

2. DON'T HANG OUT IN BED

- Only use your bed for sleeping, sex and if you're sick
- Choose naps wisely and don't stay in bed if you aren't able to sleep

3. ROUTINE

- Reset your body clock: wake and sleep at the same time each day
- Keep regular mealtimes

4. SLEEP ENVIRONMENT

- Comfortable temperature (17 – 20, humidity 40-60%)
- Adequate darkness
- Keep it quiet

5. RELAX BEFORE BED

- Find calm, relaxing activities that you enjoy such as reading, writing, meditation or listening to podcast
- Avoid electronic devices 1 hour before bed

6. HEALTHY LIVING

- Exercise during the day but avoid intense activity a couple of hours prior to bed
- Avoid large and fatty meals prior to sleep



Sense Strategies



VISION

- Limit exposure to short wavelengths of light (cooler, blue spectrums) in the hour(s) before bed
- Consider removing electronic devices from the bedroom, using warmer ambient lighting, and using "night mode" on devices that must be used.
- Avoid bright light exposure in the hour(s) before bed to avoid delaying your sleep period and disrupting your sleep
- Install dimmer switches to lower the intensity of bedroom lights at night
- Consider wearing a sleeping mask



TOUCH

- A cooler bedroom environment (~18-20°) helps to facilitate thermoregulation of the body that is best for healthy sleep
- Choose comfortable bedding, such as pillows, based on your typical sleeping position
- Reduce or eliminate bedroom clutter to strengthen the association between the bedroom and sleep



HEARING

- Reduce background noise to less than 40 dB
- Eliminate or reduce exposure to transportation noise
- Keep pets outside of the bedroom, or at least off the bed
- Consider using earplugs to minimize noise exposure



SMELL

- Reduce the presence of noxious smells in the bedroom.
- Treat allergies Increase ventilation and improve air quality in your bedroom, by either using a ventilation system or by opening windows and/or doors
- Regularly wash bedding

