

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

