

# 7 PRACTICES FOR GOOD SLEEP HYGIENE



1

Avoid caffeine, nicotine, alcohol and food before bed.  
Caffeine for 4 hours before!

Make sure you are exposing yourself to some daylight. Get some rays!

2

3

Avoid phones, tablets and other devices you hold close to your face for 1 hour before you go to bed.

Try to have a calm mind. Avoid TV, video games and social media 30 minutes before you go to bed. Read or listen to calming music instead.

4

5

Go to bed when you are sleepy. Get some exercise in the day to help you feel tired in the evening.

If you can't sleep then get up after 20 minutes. Relax and write down what you are thinking about.

6

7

Make sure the place where you sleep is cool, dark and quiet.