

What is sleep hygiene?

Sleep hygiene is a set of practices essential for having quality overnight sleep and maximizing daytime alertness and brain function.

What are signs of poor sleep hygiene?

Difficulty falling asleep, staying asleep and daytime sleepiness are all potential signs of inadequate sleep hygiene.

Strategies to Improve Sleep	
Maintain a consistent sleep-wake pattern	<ul style="list-style-type: none"> • Try to go to sleep and wake up at the same time every day • Smart watches or fitness trackers can help organize/monitor sleep patterns
Napping strategies	<ul style="list-style-type: none"> • Avoid naps or only take short naps (less than 30 minutes) prior to 5 p.m.
Develop a relaxing pre-sleep routine	<ul style="list-style-type: none"> • Transition to sleep with an hour of more relaxing activities in dim light (reading a book, taking a bath, listening to music, meditation, etc.)
Optimize your bedroom (and bed) for sleep	<ul style="list-style-type: none"> • Bedroom should be quiet, dark, and cool • Blackout shades, eye masks, ear plugs, or noise machines can help • If your pet wakes you up, keep them in a separate room at night • Keep TV's computers, tablets, and work out of your bed and bedroom
Light exposure	<ul style="list-style-type: none"> • Try to maximize light exposure during the day and minimize light exposure prior to bed (including bright screens) • Use blue light filter settings (i.e. Night Shift for iPhone) or apps (for Android)
Do not force sleep	<ul style="list-style-type: none"> • If you are not asleep after 20 minutes, get out of bed and do something relaxing in another room until you feel tired. Avoid turning on lights/screens.
Avoid clock watching	<ul style="list-style-type: none"> • While falling asleep or if you wake up in the middle of night, clock watching can prevent falling asleep
Avoid stimulants close to bedtime	<ul style="list-style-type: none"> • Avoid caffeine (coffee, tea, chocolate, pop/soda) and nicotine for 4-6 hours before sleep
Do not drink alcohol close to bedtime	<ul style="list-style-type: none"> • It may help falling asleep, but disrupts sleep quality later in the night
Exercise	<ul style="list-style-type: none"> • Exercise daily, but only do vigorous exercise at least 3 hours before bedtime
Plan meals around your sleep schedule	<ul style="list-style-type: none"> • Avoid large meals or foods that cause indigestion within 3 hours of bedtime

Questions

The CORE Institute is dedicated to your outcome. If any questions or concerns arise, please call 1.866.974.2673.