

Sleep Hygiene

Simple habits that improve the quality and consistency of your sleep

Anchor your rhythm

- Wake at the same time every day — even weekends.
- Get 10 minutes of daylight within an hour of waking.
- Aim for 7–9 hours in bed; adjust bedtime, not wake time.

Wind-down routine (last 60 minutes)

- Dim the lights and lower screen brightness.
- Put phones and laptops out of the bedroom, or use a grayscale filter.
- Try a warm shower — the drop in body temperature afterward promotes sleep.
- Read something calming, journal, or stretch gently.

What helps in the bedroom

- Cool room (around 65–68°F).
- Dark — blackout curtains or an eye mask.
- Quiet — earplugs or a white/brown noise machine.
- Use the bed for sleep and intimacy only.

What to limit

- Caffeine after noon (it has a 6+ hour half-life).
- Alcohol in the evening — it fragments sleep quality.
- Heavy meals within 2–3 hours of bed.
- Long naps or naps after 3 pm.

If you can't fall asleep

- Get out of bed after 20 minutes and do something calm in dim light.
- Return when you feel sleepy — not just tired.
- Avoid checking the clock repeatedly.

When to seek help

If poor sleep persists for more than a few weeks — or if snoring, gasping, or daytime exhaustion are present — talk with your doctor. Untreated sleep problems worsen anxiety, depression, and

attention.

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