



# Simple habits for better sleep



## Have a consistent sleep schedule

Try your best to have a consistent sleep schedule, even on weekends! When "catching up" on sleep, it is **better to go to sleep early** than to wake up late.

*Having a consistent bedtime and waketime leads to a healthy internal body clock rhythm that promotes healthy sleep [1].*

## Limit caffeine, nicotine, & alcohol

Avoid caffeine, nicotine, and alcohol **4-6 hours** before bedtime to encourage timely sleep [2-3]. Try to do something relaxing **before** you get into bed (like stretch, meditate, listen to calm music).

*Caffeine and Nicotine work as stimulants in your body that can keep you awake [4]. Alcohol works as a depressant and can cause disrupted or poor quality sleep [1].*





## Relax before bed

Avoid exercise **2-3 hours** before bed. Avoid mental activities (like work, video games, cleaning, arguments, stress) **1 hour** before bed.

*Activity before bedtime can make it difficult to wind down and fall asleep [5]. While exercise during the day promotes healthy sleep, exercise too close to bedtime makes it harder to sleep.*

## Save your bed for sleep & sex

The only thing you should do in bed is sleep, with the exception of sex. Do not read, eat, do work, or hangout in your bed.

*Our bodies naturally associate certain environments (like your bed) with certain behaviors (like sleep). Train your body that the bed is a place for sleep.*



## Create your sleep sanctuary

Keep your room between **64-68 F** at night. Use **cotton** pajamas and bedding. Make your bedroom a **light-free** and **noise-free** zone.

*Your body temperature needs to drop to fall asleep. Any source of light (including electronic chargers or street lights) triggers "awake" in your body and can disrupt sleep.*

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3. Drake, C., Roehrs, T., Shambroom, J., & Roth, T. (2013). Caffeine effects on sleep taken 0, 3, or 6 hours before going to bed. *Journal of Clinical Sleep Medicine*, 9(11), 1195-1200.
4. Garcia, A. N., & Salloum, I. M. (2015). Polysomnographic sleep disturbances in nicotine, caffeine, alcohol, cocaine, opioid, and cannabis use: a focused review. *The American journal on addictions*, 24(7), 590-598.
5. Yang, C. M., Lin, S. C., Hsu, S. C., & Cheng, C. P. (2010). Maladaptive sleep hygiene practices in good sleepers and patients with insomnia. *Journal of health psychology*, 15(1), 147-155.



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