



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

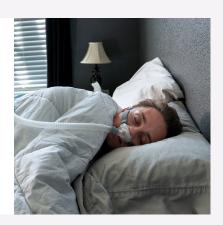
Avoid exercise **2-3 hours** before bed. Avoid mental activities (like work, video games, cleaning, arguments, stress) **1 hour** before bed.

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.

- 1. Posner, D., & Gehrman, P. R. (2011). Sleep hygiene. In Behavioral treatments for sleep disorders (pp. 31-43). Academic Press.
- 2. Spadola, C. E., Guo, N., Johnson, D. A., Sofer, T., Bertisch, S. M., Jackson, C. L., ... & Redline, S. (2019). Evening intake of alcohol, caffeine, and nicotine: night-to-night associations with sleep duration and continuity among African Americans in the Jackson Heart Sleep Study. Sleep, 42(11).
- 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.





