SLEEP HYGIENE 101

WHAT IS SLEEP HYGIENE?

Sleep Hygiene refers to the habits that help us get a good night's sleep. We engage in these habits throughout the day and before bed to help improve the quality of our sleep.

WHY IS SLEEP IMPORTANT?

Sleep has a direct impact on our ability to concentrate, be creative, remember things, and solve problems.
It's also very important to consistently get good sleep to support our mental and physical wellbeing.

5 TIPS TO IMPROVE SLEEP HYGIENE:

1 CREATE A BEDTIME ROUTINE AND STICK TO A SCHEDULE

- We all sleep better when we have consistent wake-up and bed times.
- Staying up late one night and trying to "catch up" on sleep the next can throw off our sleep schedule for several days.
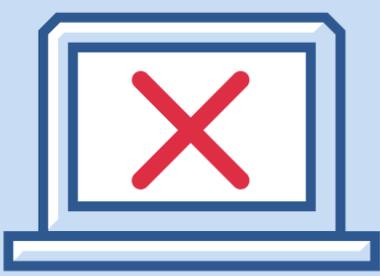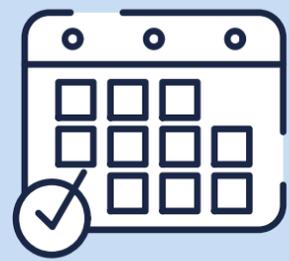
REDUCE SCREEN TIME BEFORE BED 2

- Looking at screens too close to bedtime prevents the brain from entering a restful state.
- Avoid the use of TV, tablets, smart phones, and videogames at least one hour before bedtime.

3 GET PHYSICALLY ACTIVE

- Exercising during the day can help us focus, feel more awake, and support our physical and mental wellbeing.
- It also helps us fall asleep and stay asleep during the night.

AVOID CAFFEINE LATER IN THE DAY 4

- Eating or drinking anything with caffeine in the evening can cause restless and low-quality sleep.
- This may include things like pop, tea, coffee, or even chocolate.

5 CHOOSE RELAXING ACTIVITIES BEFORE BED

- Calming activities before bed can help put your brain in the right state to fall asleep more easily
- Try listening to calming music, reading a book, colouring, or even doing some restful yoga before bed.

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DEDICATED ACTION *for* SCHOOL HEALTH