



IMPROVE YOUR SLEEP HYGIENE

Habit Cheat Sheet

@healthbyscience

What is "Sleep Hygiene"?

Sleep hygiene refers to a set of practices and habits that are aimed at promoting healthy and restful sleep.

These practices include things like establishing a consistent sleep schedule, creating a relaxing sleep environment, avoiding caffeine and alcohol before bedtime, and limiting exposure to electronic devices.



Why is Sleep Hygiene so Important?

Sleep hygiene is essential for weight loss, fitness, and ageing well as it allows the body to recover, regenerate, and regulate hormones that affect metabolism and muscle growth.

It also reduces stress hormone levels, strengthens the immune system, and improves cognitive function, memory, and brain health.

By establishing good sleep habits, individuals can improve their overall health and wellbeing, and increase their chances of ageing well/losing weight/performing better

IMPROVE YOUR SLEEP HYGIENE HABIT IDEAS

STICK TO A CONSISTENT SLEEP SCHEDULE

AVOID CAFFEINE, NICOTINE, AND ALCOHOL AFTER 2PM

ESTABLISH A BEDTIME ROUTINE

INCREASE BRIGHT LIGHT EXPOSURE DURING THE DAY

REDUCE IRREGULAR OR LONG DAYTIME NAPS

DON'T EAT LATE IN THE EVENING

RELAX AND CLEAR YOUR MIND IN THE EVENING

TAKE A RELAXING BATH OR SHOWER

RULE OUT A SLEEP DISORDER

EXERCISE REGULARLY — BUT NOT BEFORE BED

DON'T DRINK TOO MANY LIQUIDS BEFORE BED



Stick to a Consistent Sleep Schedule

Try to go to bed and wake up at the same time every day, even on the weekends.

Sticking to a consistent sleep schedule is an important component of good sleep hygiene.

Going to bed and waking up at the same time each day helps to regulate your body's internal clock, making it easier to fall asleep and wake up naturally.

When you maintain a consistent sleep schedule, your body becomes more efficient at preparing for sleep at a predictable time each night, allowing you to enjoy deep and restful sleep.

Over time, this helps to improve your overall sleep quality, leaving you feeling refreshed and energized each morning.



Avoid Caffeine, Nicotine and Alcohol after 2pm.

Avoiding caffeine, nicotine, and alcohol after 2pm is crucial for good sleep hygiene and improving sleep quality.

These substances can interfere with your body's ability to fall asleep and stay asleep, even if consumed several hours prior to bedtime.

Caffeine and nicotine can stimulate your nervous system, making it difficult to relax and fall asleep, while alcohol can disrupt your sleep quality and make you more likely to wake up during the night.

Limiting or avoiding these substances entirely can help improve your sleep quality and promote more restful, restorative sleep.

Establish a Bedtime Routine

Sleep hygiene is all about creating conditions that are conducive to a good night's sleep. And one of the best ways to do that is to relax and clear your mind in the evening.

You can try some deep breathing exercises, reading, listening to music or take a warm bath. And avoid using electronic devices in the hour before bedtime, as the bright screens can stimulate and prevent you from falling asleep.

With a little effort, you can improve your sleep hygiene and get the restful sleep you need.

[Click here to try CALM to help calm your mind and relax before bed.](#)



Increase Bright Light Exposure During The Day

Many people struggle to get enough restful sleep on a regular basis. One way to help encourage better sleep is to make sure you are getting enough bright light exposure during the day.

Bright light helps to regulate the body's natural sleep-wake cycle, so spending time outside or near a window during the day can help you feel sleepy when it's time for bed. By following these simple tips, you can help improve your sleep hygiene and get the restful sleep you need.

Reduce Irregular or Long Daytime Naps

Many of us enjoy a good daytime nap, especially when we've had a late night or we're feeling a bit under the weather. However, did you know that too much daytime napping can actually interfere with your sleep hygiene? That's right - if you find yourself regularly nodding off during the day, it's likely that you're not getting enough quality sleep at night.

The solution is to reduce your daytime naps, or at least make sure that they're shorter and more regular. By doing so, you'll ensure that you're getting the restful sleep you need to feel your best. Sweet dreams!



Don't Eat Late In The Evening

If you're trying to improve your sleep hygiene, one simple change you can make is to avoid eating late at night. It may be tempting to reach for a snack before bed, but doing so can actually make it harder to fall asleep. This is because digestion takes energy, and eating close to bedtime can interfere with the restorative process of sleep.

In addition, certain foods can cause disturbed sleep, such as caffeine or sugar. So if you're looking to get a better night's rest, it's best to finish your last meal a few hours before turning in for the night.

Relax And Clear Your Mind In The Evening

Sleep hygiene is all about creating conditions that are conducive to a good night's sleep. And one of the best ways to do that is to relax and clear your mind in the evening.

You can try some deep breathing exercises or take a warm bath. And avoid using electronic devices in the hour before bedtime, as the bright screens can stimulate and prevent you from falling asleep. With a little effort, you can improve your sleep hygiene and get the restful sleep you need.

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Take A Relaxing Bath Or A Shower

One simple way to help improve your sleep hygiene is to take a relaxing bath or shower before bedtime. The warm water can help to relax your muscles and ease tension headaches.

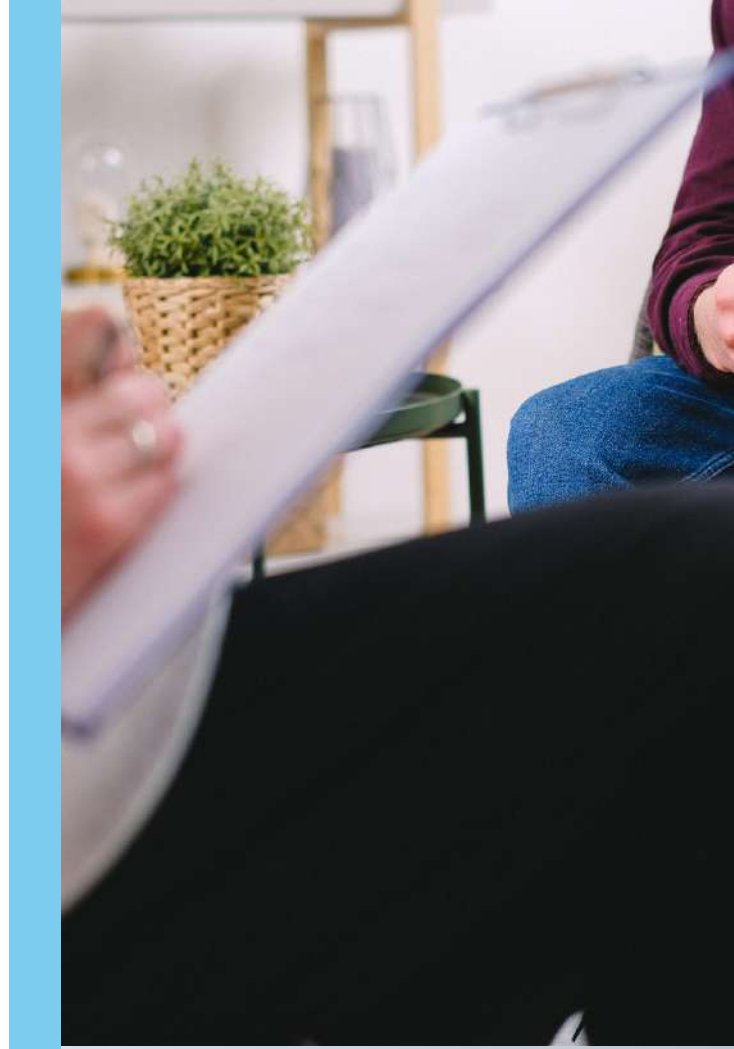
Plus, the routine of washing up before bed can signal to your brain that it's time to wind down and get ready for sleep. And if you add a few drops of lavender oil to your bathtub or shower, you'll also enjoy the calming scent of lavender, which is known to promote relaxation.

Rule Out A Sleep Disorder

Many people believe that they can improve their sleep hygiene by following a few simple rules, such as cutting out caffeine and avoiding screen time before bed.

However, these measures will only be effective if you don't have a sleep disorder. If you're struggling to get a good night's rest, it's important to rule out any underlying medical conditions. Otherwise, you could be inadvertently making your sleep problems worse.

Common sleep disorders include insomnia, sleep apnea, and restless legs syndrome. If you think you might have a sleep disorder, talk to a sleep specialist at [sleepio.com](https://www.sleepio.com) about your sleep issues. Once you know what's causing your sleepless nights, you can develop a treatment plan that will help you get the rest you need.



Exercise Regularly - But Not Before Bed

Most people know that exercise is important for overall health, but did you know that it can also help you sleep better? That's right — regular exercise can help to improve your sleep hygiene.

However, there's one caveat: you should avoid exercising too close to bedtime. Why? Exercise raises your body temperature, which can make it harder to fall asleep.

So, if you're looking to get a good night's rest, aim to finish your workout at least three hours before you hit the pillow. And don't forget to tack on a cool-down period so you have time to unwind and transition into sleep mode.

Don't Drink Too Many Liquids Before Bed

It's common knowledge that drinking caffeine before bed can make it harder to fall asleep. But did you know that drinking too much liquid before bed can also disrupt your sleep?

When you drink fluids before lying down, you increase your chances of waking up in the night to use the bathroom. This can interfere with the quality of your sleep and leave you feeling groggy in the morning.

To avoid this, it's best to drink liquids earlier in the evening and refrain from drinking too much for at least an hour before bedtime. This will help you to sleep more soundly through the night and wake up feeling refreshed in the morning.



HOW LONG DOES IT TAKE TO IMPROVE SLEEP HYGIENE?

It can take anywhere from a few days to a few weeks to establish new sleep hygiene habits and see improvements in sleep quality. Consistency is key, so it's important to stick to your sleep routine and other healthy habits over time.

ARE THERE ANY TOOLS OR RESOURCES AVAILABLE TO HELP IMPROVE SLEEP HYGIENE?

Yes, there are many tools and resources available to help improve sleep hygiene, including sleep trackers, white noise machines, meditation apps, and more.

We recommend Sleeio if you are struggling with your sleep hygiene. Consulting with a healthcare professional may also be beneficial for identifying underlying health issues that may be impacting sleep.

ARE LUMI LIGHTS BENEFICIAL FOR IMPROVING SLEEP HYGIENE?

Lumi Lights, which use smart lighting technology to mimic natural sunlight, have been found to be beneficial for improving sleep hygiene. They can help regulate the body's natural sleep-wake cycle, known as the circadian rhythm, which can lead to better sleep quality and daytime energy. Additionally, Lumi Lights can be used to create a calming sleep environment by adjusting the light temperature and intensity to match different sleep stages. However, it is important to note that while Lumi Lights may be beneficial for some individuals, they are not a one-size-fits-all solution and should be used in combination with other healthy sleep hygiene habits.

WHAT IS A CIRCADIAN RHYTHM?

A circadian rhythm is the body's natural, internal 24-hour cycle that regulates when we feel alert or sleepy. It's controlled by the brain and influenced by external factors like light exposure, meal times, and social activities. The circadian rhythm is important for maintaining healthy sleep patterns, as it controls the release of hormones like melatonin, which helps us sleep, and cortisol, which helps us stay alert during the day. Disruptions to the circadian rhythm, such as irregular sleep schedules or exposure to bright lights at night, can lead to sleep problems and other health issues.

WHAT TEMPERATURE SHOULD MY ROOM BE AT FOR OPTIMAL SLEEP?

For most people, the optimal room temperature for sleep is between 60-67 degrees Fahrenheit (15-19 degrees Celsius). This temperature range helps to promote a comfortable sleep environment by facilitating the body's natural cooling process and reducing the risk of night sweats or overheating. However, individual preferences may vary, so it is important to find a temperature that works best for you. Additionally, it's helpful to adjust bed covers and bedding materials to achieve the right balance of warmth and breathability for optimal comfort.

Frequently Asked Questions

MY PARTNER IS RESTLESS DURING THE NIGHT, WHAT CAN I DO?

If your partner's restlessness is affecting your own sleep quality, it might be time to consider a "sleep divorce" before it leads to relationship issues. This could mean sleeping in separate beds, using a room divider, or getting creative with bedding arrangements to reduce nighttime disturbances. Additionally, it's important to communicate with your partner about the issue and work together to find a solution that works for both of you. This may include trying new sleep hygiene practices, such as relaxation techniques before bed, reducing screen time, or using white noise machines to drown out distractions.

MY PARTNER SNORES DURING THE NIGHT, WHAT CAN I DO?

Snoring can be a common problem that can disrupt the quality of both your sleep and your partner's sleep. Several potential remedies include:

- Encourage your partner to sleep on their side instead of their back
- Use anti-snoring devices such as nasal strips or a mouthguard
- Control underlying factors such as obesity, allergies, or smoking
- Use white noise to mask the sound of snoring
- Consider separate bedrooms, at least on occasion, to ensure that you both have a better chance of restful, uninterrupted sleep.

Individuals with severe or persistent snoring should consult a healthcare provider for further evaluation, as it may be linked to more serious medical conditions.

HOW TO SELECT YOUR HABIT



When choosing your new habit, ask yourself these three questions:

1. On a scale of 1-5 how **MOTIVATED** are you to achieve the habit?
2. On a scale of 1-5 how much **ABILITY** do you have to achieve the habit consistently?

If you're on the right side of the Action Line then ask yourself...

3. Do you have a **PROMPT** to remind you to complete your new habit?



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