

## EDUCATION FOR MENTAL HEALTH RESILIENCE



# SLEEP HYGIENE TIPS TO IMPROVE YOUR SLEEP







#### WHAT IS SLEEP HYGIENE?

Sleep hygiene refers to behaviours that promote good sleeping habits.

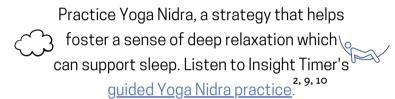
By practicing good sleep hygiene, you can make your sleep more consistent, leading to several mental health and health benefits. 4, 5, 22, 25



#### SIMPLE STRATEGIES TO HELP YOU SLEEP

If you are having trouble with sleep, try some of these <u>evidence-based</u> strategies below:







Try to avoid computers or screens for at least 1 hour before bed.



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Check out the <u>calming breath</u> or <u>progressive muscle relaxation</u> resources ( for some information and strategies to help calm your mind.



Listen to a Boring Bedtime Story to help you fall asleep by facilitating mental relaxation. The <u>Sleep With</u> <u>Me podcast</u> has a selection of



bedtime stories.



Try using a weighted blanket...the extra weight creates a rich sensory experience! (available online)



Keep a sleep journal to track any changes in your sleep patterns and determine the conditions that help

Check out some free

sleep tracker apps:

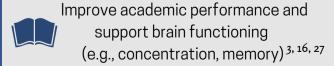


View the Sleep Diary resource! you get the best sleep! 7, 19, 22

#### WHY IS SLEEP SO IMPORTANT?

Research shows there are a variety of benefits that come from having a consistent sleep schedule.

#### YOU CAN...



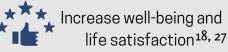


<u>Calm: Sleep,</u> <u>Meditate, Relax</u>



Sleep Better







Sleep Cycle





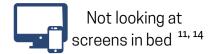
Enhance your mood (e.g., waking more refreshed) 10, 12, 18

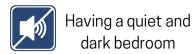
Reduce stress symptoms<sup>10, 16</sup>

### RESEARCH BASED LIFESTYLE TIPS TO IMPROVE SLEEP! 1



Maintaining regular sleep hours 13, 16







Avoid drinking caffeinated beverages in the afternoon or evening 8, 25



Exercising regularly, but not too closely to bedtime <sup>6, 15, 20, 21, 26</sup> ,z**Z** 

Avoiding naps during the day if possible <sup>27</sup>



Avoiding cigarettes, alcohol, and over-thecounter medications that impact sleep <sup>24</sup>



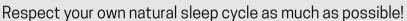
Having a consistent bedtime routine (shower, herbal tea. etc.) <sup>3, 16</sup>



We know these aren't always easy to follow, but try to keep them in mind!



Remember research shows everyone has their own sleep cycle, some are night owls and some are early birds.





## Don't try to change everything at once!

Start with a small improvement to your sleep habits, and then work your way to good sleep hygiene on a regular basis.





It's okay if you can't practice all of the above sleep tips everyday.

Find out what works best for you and stick to that.



#### **IMPORTANT NOTE:**

Everyone has a bad night or two, this is nothing to worry about. However, consistent sleep deprivation lasting multiple days or weeks could signal other medical problems.

Make sure to consult a medical professional if you are having persistent problems with sleep.

#### **CONTACT INFORMATION**





View the reference list for this infographic

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