

Check out the  
evidence!



## SLEEP HYGIENE TIPS TO IMPROVE YOUR SLEEP



Tell us what  
you think!



### 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.<sup>4, 5, 22, 25</sup>



### SIMPLE STRATEGIES TO HELP YOU SLEEP

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



Practice Yoga Nidra, a strategy that helps foster a sense of deep relaxation which can support sleep. Listen to Insight Timer's [guided Yoga Nidra practice](#).<sup>2, 9, 10</sup>



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



Check out the [calming breath](#) or [progressive muscle relaxation](#) resources for some information and strategies to help calm your mind.<sup>12, 17, 23</sup>



Listen to a Boring Bedtime Story to help you fall asleep by facilitating mental relaxation. The [Sleep With Me podcast](#) 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 you get the best sleep!<sup>7, 19, 22</sup>



View the Sleep Diary resource!

### WHY IS SLEEP SO IMPORTANT?

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

#### YOU CAN...



Improve academic performance and support brain functioning (e.g., concentration, memory)<sup>3, 16, 27</sup>



Increase well-being and life satisfaction<sup>18, 27</sup>



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



Enhance your mood (e.g., waking more refreshed)<sup>10, 12, 18</sup>

### Check out some free sleep tracker apps:



[Calm: Sleep, Meditate, Relax](#)



[Sleep Better](#)



[Sleep Cycle](#)



Available for  
iOS and Android

# RESEARCH BASED LIFESTYLE TIPS TO IMPROVE SLEEP! <sup>1</sup>



Maintaining regular sleep hours <sup>13, 16</sup>



Not looking at screens in bed <sup>11, 14</sup>



Having a quiet and dark bedroom



Avoid drinking caffeinated beverages in the afternoon or evening <sup>8, 25</sup>



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



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



Avoiding cigarettes, alcohol, and over-the-counter 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.



Respect your own natural sleep cycle as much as possible!



## 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

**EDUCATION  
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MENTAL  
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**View the reference list for this infographic**



Contact us for more information at  
[emhr@mcgill.ca](mailto:emhr@mcgill.ca)

**Dr. Nancy Heath**  
Director of EMHR  
Faculty of Education



[nancy.heath@mcgill.ca](mailto:nancy.heath@mcgill.ca)