

4 Sleep Hygiene Tips

FOR A NEW & IMPROVED NIGHTTIME ROUTINE



Minimize screentime before bed.

If you need your screen, use a blue light filter. Use low brightness and low-energy, relaxing content.



Zen out your bedroom.

Buy a great mattress. Get the light and noise out of your room. Get good earplugs if need be.



Go to bed and wake up at the same time every day.

The circadian rhythm states we are creatures of earth and designed for 24-hour cycles. We are not designed to stay up for two days, sleep for one.



Deploy relaxing thoughts to help you sleep.

Start exploring mental imagery that helps you wind down. Or practice clearing your thoughts. No fights with ninjas in a back alley. That can wait until Monday.