ALL ABOUT SLEEP HYGIENE

Sleep is important because it enables the body to repair and be fit and ready for another day. Healthy sleep also helps the body stay healthy and avoid diseases. Sleep hygiene is the term used to describe good sleep habits and routines. It is a combination of behavioural and environmental practices that can help us improve our sleep.

How much sleep do we need?

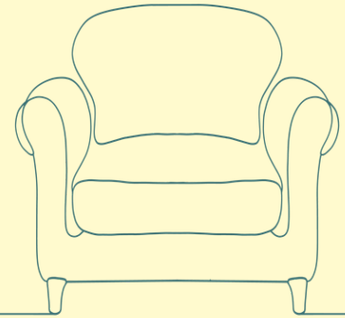
According to the Centers for Disease Control and Prevention (CDC), the breakdown is as follows:

- Young adult (18-25 years): 7-9 hours
- Adult (26-64 years): 7-9 hours
- Adult (65+ years): 7-8 hours

WHAT ARE THE SIGNS OF POOR SLEEP QUALITY?

- Find it difficult to fall asleep
- Waking in the middle of the night
- Still not feeling rested after an adequate number of hours of sleep
- Daytime sleepiness and general fatigue
- Slowed reaction time
- Irritability
- Trouble thinking, focusing, and remembering
- Headaches
- Microsleeps – brief periods of sleep that last up to 30 seconds
- Uncontrolled eye movements
- Hand tremors
- Drooping eyelids
- Impulsive or reckless behaviour
- Visual and tactile hallucinations





AMISE

WE DIDN'T WANT TO DO IT ALONE, NEITHER SHOULD YOU

MAINTAIN A REGULAR SLEEP SCHEDULE

Go to bed and wake up at the same time each day (+/- 20 minutes), even on weekends and holidays. This will help regulate your body's clock and enhance the quality of your sleep and wake time. Limit or avoid taking naps during the day!

SLEEP AREA

- Keeping the room temperature at a comfortable level
- Keeping the room as dark as possible.
- Keeping the room as quiet as possible or using earplugs.

PREPARING THE MIND FOR SLEEP

Reduce stress – If you're worried about getting your work done, make a to-do list for the next day to assure yourself you have enough time to accomplish what needs to get done. Unglue yourself from false or anxious beliefs about sleep, such as the idea that a single restless night will make you sick.

SLEEP RITUALS

Try to develop rituals of things to remind your body that it is time to sleep. Visualize a soothing scene, a warm shower, or soothing music!

Wait until you are sleepy before going to bed. If you're not sleepy at your regular bedtime, try to relax your body and distract your mind. Avoid exciting books or television that would keep you up.

PREPARING THE BODY FOR SLEEP

- Avoid caffeine & nicotine
- Avoid alcohol
- Don't go to bed hungry or full
- Adequate exposure to natural light
- No devices before bed

PRACTICING GOOD SLEEP HYGIENE

The key to good sleep hygiene is consistency. Find out what works best for you and create a checklist to help you get the best sleep possible!