



# Exercise: Good sleep hygiene

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## Goal

Identify ways to promote good-quality sleep. Plan to put them into practice.

## Instructions

Below is a list of healthy sleep habits. Go through the list and identify the ones that you have already put in place.

Which habits have you not tried yet? Can you see yourself trying any of them? Make a plan and stick to it.

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## Elements of good sleep hygiene

- A regular wake-up time
- Light exposure in the morning
- Enough daytime activity
- Breaks and relaxation
- Sleep-friendly physical exercise
- Regular mealtimes
- Cutting down on caffeine
- Cutting down on / giving up alcohol/drugs
- Cutting down on / giving up smoking
- A regular evening routine
- A comfortable and sleep-friendly sleeping environment
- Unwinding in the evenings
- Keeping indoor lighting low in the evening
- Getting out of bed if you do not fall asleep within approximately 15 minutes
- Avoiding naps
- Avoiding screen time in the bedroom

A text box for writing down your personal plan is provided on the following page.

## My sleep hygiene plan