



BRAIN POTENTIAL
Leadership Powered by Neuroscience

Good Sleep Hygiene

Ten tips for developing healthy habits for a good night's sleep:

- Try to wake up at the same time every morning, this will establish and maintain a healthy circadian rhythm.
- Do not sleep late in the mornings trying to make up for lost sleep.
- Do not nap during the day, as this can make it harder for you to fall asleep at night.
- Avoid caffeine in the evenings, and preferably in the afternoons.
- Get out of bed. If you're lying in bed unable to stop thinking about things, get up and do something distracting and relaxing. Learn to associate bed with sleep.
- Make time for problem solving during the day.
- Regular exercise during the day or early in the evening (not too late in the evening).
- Develop a short and relaxing evening routine to help you to wind down and get in the 'mood' for sleep.
- If you smoke, abstain for at least an hour before going to bed so that the stimulating effects of nicotine can wear off.
- Limit alcohol consumption to within health guidelines and do not use alcohol to help you sleep.