



Sleep Hygiene & Routine



Regular routine evening rituals have been known to help calm the body and mind, and to ease the body into much needed sleep. Adequate sleep duration and quality are important for the normal functioning of daily metabolic and hormonal processes. Sleep helps improve stress by keeping you healthy, mentally sharp, and able to cope with stress effectively.

How much sleep do I need?

Teens
(10-17 years)



8.5 to 9.5 hours

Young Adult
(18 -25 years)



7 to 9 hours

Adults
(26-64 years)



7 to 9 hours

Suggestions to help you relax at bedtime:

- Keep a regular sleep and wake schedule
- Dim lights several hours before bed to avoid stimulation caused by artificial light (i.e., TV, computers, cell-phone)
- Avoid caffeine, nicotine, and alcohol 1.5 hours before bed
- Avoid going to bed on either a full or an empty stomach
- Use your bedroom primarily for sleeping. Sleep in a dark, quiet, well-ventilated space with a comfortable temperature
- Avoid stimulating activity (i.e., chores, paperwork, exercise) for at least 2 hours before bed

HELPFUL TIP

If you can't fall asleep within 20 minutes, get out of bed and try a relaxing activity. Getting your mind off sleep resets and reboots your system. When you feel yourself getting drowsy again, get back in bed.

Try some calming techniques in your routine

- Drink a warm beverage (i.e., tea, milk, water with lemon and/or honey)
- Meditate
- Pray
- Active breathing
- Stretch
- Take a bath
- Read
- Listen to calming music
- Use scented lotion or bath gel
- Write in a journal/notebook



Lavender is a stress-reducing scent and known to reduce headaches, as is Chamomile.

Peppermint also helps to open sinuses for better breathing at night.

Teas to Relax



My Night-time Routine

My unhelpful sleep habits

Habits I want to try