**Tips for Better Sleep Hygiene**

1. Prioritize sleep

2. Be consistent when you go to bed and get up at the same time every day

3. Avoid medications that delay or disrupt your sleep

4. Keep your bedroom quiet, dark, relaxing and at a colder temperature

5. Remove screens at bedtime

6. If you can’t sleep (after 20 minutes), get up stretch, read

7. Exercise during the day (not too late in the day)

8. Avoid large meals, caffeine and alcohol

9. Take a hot bath

10. Do a sleep meditation

11. Read with a soft lamp

12. Have a comfortable mattress and pillow

13. Limit naps (no more than 30 minutes and not after 3 pm)

14. Get an hour of natural sunlight per day

**Sleep Resources**

**Book**

*Why We Sleep: Unlocking the Power of Sleep and Dreams*, Matthew Walker, 2017.

**Apps**

Insight Timer

Sleep Cycle (tracks sleep time)

CBT-i Coach

Noisli (white noise)

Pzizz

**YouTube**

ASMR

Sleep music

**Products**

Heated mattress pad

White noise machine

FitBit Charge 3

Vanilla and lavendar essential oils, Sleep Sprays

Humidifier

Blackout curtains

Weighted blanket (12 pound range)

Sleep mask

Ear plugs

Quality mattress, pillow, bedsheets

Dodow sleep light

Phillips Sunrise Alarm Clock

Melatonin supplement/gummies

Calming Teas – green, chamomile, Sleepy Time

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