

1 WEEK SLEEP HYGIENE CHALLENGE

WHY?

Optimal sleep is crucial for your health because it supports various vital bodily functions, such as immune system regulation, hormone production, and cellular repair. It promotes cognitive functioning, including memory consolidation, attention, and decision-making abilities. Additionally, adequate sleep is linked to a lower risk of developing chronic conditions like obesity, diabetes, cardiovascular disease, and mental health disorders.

SLEEP HYGIENE TIPS:

1. Establish a consistent sleep schedule by going to bed and waking up at the same time every day, even on weekends.
2. Create a relaxing bedtime routine to signal to your body that it's time to wind down. This may include activities like reading a book, taking a warm bath, or practicing relaxation techniques.
3. Make sure your sleep environment is comfortable, cool, dark, and quiet. Consider using earplugs, eye masks, or white noise machines if necessary.
4. Avoid consuming stimulants like caffeine and nicotine close to bedtime as they can interfere with sleep. It's best to limit their intake in the evening.
5. Avoid heavy meals, spicy or greasy foods, and excessive fluid intake before bedtime, as they can cause discomfort and disrupt sleep.
6. Engage in regular physical activity during the day, but avoid intense exercise close to bedtime as it can increase alertness and make it harder to fall asleep.
7. Minimize exposure to electronic screens, such as smartphones, tablets, and computers, at least one hour before bed. The blue light emitted by these devices can interfere with your sleep-wake cycle.
8. Create a sleep-friendly bedroom environment by keeping it clean, clutter-free, and associated primarily with sleep and relaxation.
9. Manage stress effectively through techniques like mindfulness, deep breathing exercises, or journaling, as stress can interfere with sleep quality.
10. Limit daytime napping, especially in the late afternoon or evening, as it can disrupt your natural sleep drive and make it harder to fall asleep at night.

