



Sleep Hygiene

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Healthy Habits for Better Sleep

- Wake up and go to bed at the same time every day, even weekends!
- Create a relaxing, regular bedtime routine. Things you can try are:
 - ▶ a warm bath
 - ▶ listening to calming music
 - ▶ aromatherapy
- Limit napping to promote better sleep at night, and a gradual return to daily activities. If daytime sleepiness is severe and naps cannot be avoided, ideally naps should be:
 - ☑ Limited to one per day
 - ☑ Less than 30 minutes
 - ☑ Before 3:00 PM
 - ☑ In bed (not on the couch or in front of the TV, etc.)



Sleeping Environment

- Ensure your bedroom is dark, cool and comfortable.
- Eliminate all sources of light in your bedroom while sleeping, or wear a sleep mask.
- Keep your bedroom clean, tidy and quiet.
 - ▶ Relaxing nature sounds or music can be helpful to block out distracting sounds.
- Avoid screens 2 hours before bedtime.
- Remove electronic equipment from the bedroom, including TVs, computers, and cell phones.
- Activities such as reading, watching TV, using internet, or playing games should take place in another room.
- A digital clock with 'light up' numbers in the bedroom is not recommended.
 - ◆ If you can't remove the clock, turn it away from the bed. If you wake in the night, try not to look at the clock.





SURREY NEUROPLASTICITY CLINIC

Nutrition, Exercise, and Lifestyle

- Avoid sugar and caffeine for 4-6 hours before bedtime.
- Avoid alcohol close to bedtime. When metabolized, alcohol can produce awakenings or lighter sleep.
 - ▶ NOTE: Alcohol should be avoided at all times while your brain is healing.
- Avoid heavy meals late in the evening.
 - ▶ If you are hungry before bed, consider a bedtime snack with protein (e.g., a handful of nuts, a hard-boiled egg, greek yogurt, peanut butter on celery sticks).
- Make sure there is enough magnesium, iron and B vitamins in your diet. Adequate vitamin and mineral intake is important to help the body produce melatonin, which promotes sleep.
 - ▶ Talk with your doctor about appropriate supplementation.
- Get 30-60 minutes of exercise during the day as tolerated, or as prescribed by your clinical team.
 - ▶ Regular exercise promotes sleep.
 - ▶ Avoid exercising within 2 hours before bedtime.
- Expose yourself to natural light during the day.



What are 3 ways to improve your sleep hygiene?

1. _____

2. _____

3. _____
