



## Sleep Hygiene

### What is Sleep Hygiene?

The rituals, behaviours, and norms you follow around sleep are referred to as sleep hygiene. Regularly pulling all-nighters or sleeping in on the weekends so you can “make up” for lost sleep are both examples of poor sleep hygiene. Conversely, following a regular sleep schedule and avoiding caffeine late at night are good sleep hygiene practices. Improvements in sleep hygiene offer an “easy win” in the search for better sleep and should be the first thing you go after when sleep troubles show up.

### Why is it Important?

Good sleep hygiene ensures you consistently enjoy higher-quality, more restful sleep for enough time each night. Bad sleep habits lead to poor quality and inadequate sleep. You already know sleep is important. Otherwise you wouldn’t be reading this fact sheet. Good sleep on a regular basis is critical to maintaining balanced mental, emotional, and physical health. It helps you stay focused during the day, regulate your mood, and feel more productive.

### What is bad Sleep Hygiene?

The short answer: bad sleep hygiene is doing the opposite of any of the tips we discuss below. But the answer you’re probably looking for is this: if you’re waking up unrested each morning, wake frequently during the night, feel tired during the day, or have trouble falling asleep at night, there’s a good chance you have bad sleep hygiene.

### What is good Sleep Hygiene?

The most important elements of sleep hygiene require the following from your bedroom:

- Temperature – neither too hot nor too cold
- Darkness – the darker, the better
- Quiet – the quieter, the better
- A comfortable place to lie down and stretch out

### Follow your Bedroom Routine

Following the same set of activities each night, in the 30 to 60 minutes before bed trains your brain to recognize it’s time for bed when it’s bedtime. Your bedtime routine should be relaxing. The goal is to wind your mind and body down for sleep.

### Practicing Sleep Hygiene

Most of us can benefit from improving at least one aspect of our sleep hygiene. Consider the following tips your guide to getting a good night’s sleep:

- Know how much sleep you need; 6-9 hours is the typical amount. What is important is that you feel well rested after waking.
- Go to bed at the same time each night.
- Get up at the same time each day – Yes, even at weekends.
- Find a quiet place to sleep - Your bedroom should be as quiet as possible. Some people find absolute silence uncomfortable, in which case white noise can be helpful.
- Keep your bedroom dark and cool.



# Stay Alert, Stay Safe

[Find out more on Yammer or the Fatigue Reduction site](#)

