Sleep Hygiene

Turn off tablet	Avoid daytime napping	Eat healthy	Take a bath	Listen to relaxing music
Dim the lights	Turn off phone	Put on pyjamas	Avoid pop or soda before bed	Set an alarm
Turn off laptop	Use the bathroom	**FREE**	Brush your teeth	Go to bed and get up at the same time each day
Go to bed in a dark quiet room	Take a shower	Limit or avoid caffeine	Get 8-10 hours of sleep	Make bedroom comfortable
Exercise regularly	Deep breathing	Read a bedtime story	Wash your face	Do 5 minutes of yoga

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Sleep Hygiene

Use the bathroom	Avoid pop or soda before bed	Take a bath	Dim the lights	Put on pyjamas
Eat healthy	Wash your face	Listen to relaxing music	Deep breathing	Set an alarm
Go to bed in a dark quiet room	Brush your teeth	**FREE**	Go to bed and get up at the same time each day	Avoid daytime napping
Get 8-10 hours of sleep	Read a bedtime story	Turn off tablet	Do 5 minutes of yoga	Take a shower
Limit or avoid caffeine	Make bedroom comfortable	Turn off laptop	Turn off phone	Exercise regularly

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Sleep Hygiene

Deep breathing	Read a bedtime story	Avoid pop or soda before bed	Make bedroom comfortable	Brush your teeth
Turn off tablet	Go to bed in a dark quiet room	Limit or avoid caffeine	Turn off phone	Listen to relaxing music
Turn off laptop	Do 5 minutes of yoga	**FREE**	Take a shower	Get 8-10 hours of sleep
Use the bathroom	Set an alarm	Take a bath	Wash your face	Eat healthy
Go to bed and get up at the same time each day	Avoid daytime napping	Put on pyjamas	Dim the lights	Exercise regularly

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