Sleep Hygiene

Getting good, restful sleep is very important! Sleep helps you restore energy physically, emotionally, and mentally. Getting a healthy amount of sleep can improve mood, concentration, illness, memory, and many others! We all know that sleeping well is easier said than done, so here are some helpful tips to get you sleeping better:

Try not to nap during the day – this makes you less tired at the end of the day, and your body might not sleep when you need it to.

Have a regular bedtime routine – when your body is used to being asleep at a regular time, it will be much easier for you to fall asleep at night.

If you can't sleep, get up! – when you find yourself lying awake wishing for sleep, get up and do something until you are sleepy enough to try again. If you stay in bed when you're not tired, your brain will not associate your bed with sleep.

Avoid caffeine – try to stop consuming caffeine within 4-6 hours of your normal bedtime to give your brain a chance to slow down!