



# A Guide to Restorative Sleep

“Respect your body by saying “yes” to sleep.”

–Rebecca Scritchfield–

Sleep hygiene is what you do every day to help you sleep better. Below is a list of some things you can do ALL DAY to get a good night's sleep every night.

- Avoid taking naps to make sure you're tired at bedtime.
- Regular exercise will help you sleep well at night, but make sure not to do it too close to bedtime.
- Keep track of your sleep routine with a sleep diary. This can help you see patterns or habits that are hindering or helping your sleep.
- Wake up and go to bed at the same time every day. Even on weekends.
- Wind down before bed with activities that will relax you such as reading, meditation, or breathing exercises.
- Avoid bright lights the closer it gets to bedtime. This includes screens like your cell phone or laptop that will stimulate your mind instead of making you sleepy.
- Abstain from caffeine, nicotine, alcohol, and heavy meals for at least four hours before you head to bed.
- Don't watch the clock. If you're wide awake, get up, leave the room, and do a few calming activities to make you sleepy.

## Avoid the Negative

- Try to only focus on positive feelings and thoughts. If you can't stop negative thoughts from coming, acknowledge them, and then change your focus back to something more positive.
- Say sleep affirmations to put yourself in the right frame of mind. Phrases such as, "I sleep deeply," "I fall asleep easily," or "I am a good sleeper."
- Focus on safety. Remind yourself all the reasons you're safe and deserve to have restful sleep.

## Suggested Reading

National Sleep Foundation:  
[www.SleepFoundation.org](http://www.SleepFoundation.org)

The Better Sleep Council:  
[www.BetterSleep.org](http://www.BetterSleep.org)

Sleep Research Society:  
[www.SleepResearchSociety.org](http://www.SleepResearchSociety.org)