



A Guide to Restorative Sleep

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.

Respect your body by saying
"yes" to sleep.

—Rebecca Scritchfield—



SUGGESTED READING

National Sleep Foundation: SleepFoundation.org

The Better Sleep Council: BetterSleep.org

Sleep Research Society:
SleepResearchSociety.org



youniquefoundation.org
questions@youniquefoundation.org
801-341-2308

the
younique
FOUNDATION