

# Sleep Hygiene

*Getting a good night's sleep is crucial to our resilience. How can we thrive in the face of adversity if we have no energy? Here are a few tips to help you rest better:*

**Be consistent.** Go to bed & wake up at the same time each day.

**Relaxing routine.**

Establish a calming habit before bed.

**Put the phone down!**

Stop using electronics one hour before bed. Set night mode for 7p.

**Separate spheres.**

Don't work on your bed, no matter how tempting it might be.

**Watch what you eat.**

Avoid large meals & caffeine before bed.

**Lights out.** Try to

keep your room dark, quiet, & cool.

**Do not disturb.** Turn off notifications & sound on your phone. Charge it away from arm's reach.

**Move that body!**

Try to get sufficient exercise throughout the day.

