

### Stick to a consistent sleep schedule.

aim to go to bed and wake up at around the same time every day



### Create a restful environment.

an ideal room for sleeping is cool, quiet, and dark  
select bed linens, blankets, and pillows that are comforting, soothing, and relaxing



### Limit screen exposures.

Blue lights disrupt our natural circadian rhythms - use warm lighting or keep screen use to a minimum, at least an hour before bed



### Incorporate relaxation techniques

joyful movement, meditation, or progressive muscle relaxation routines can help contribute to improved sleep



### Create a relaxing bedtime routine.

engaging in a bedtime routine or ritual as a part of a consistent sleep schedule creates a smoother transition to sleep, as your body will likely begin associating this routine with bedtime and more easily prepare for sleep.



### Avoid "sleep disruptors."

If you are prone to heartburn or GERD, steer clear of trigger foods before bedtime. Avoid alcohol and other substances as they disrupt the body's natural circadian rhythms.



### Stay clear of stimulants late in the day.

avoid beverages and foods that contain caffeine, which can disrupt your body's natural circadian rhythms



# Pro Sleep Hygiene Tips Explained For Experts 1773

**United States. National Aeronautics  
and Space Administration**

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