

Prepare for sleep during the day

The elements of a good night's sleep start long before you go to bed. For a more refreshing rest, try to adopt some of these healthy sleep habits **during the day**.

Stick to a Sleep Schedule

Go to sleep and wake up at the same time every day. This reinforces your circadian rhythm to promote healthy sleep-wake cycles.



Write Down Your Worries

Don't take stress to bed. Research shows that writing down your worries early in the day can help you fall asleep faster at bedtime.



Create a Healthy Sleep Environment

Your room should be a relaxing, creating a clean, cozy retreat for sleep may help your mind switch off more easily at night.



Avoid Stimulants & Limit Alcohol

Caffeine should not be consumed four to six hours before bedtime. Limit alcohol as drinking in excess has been linked to poor sleep.



Exercise & Get Outside

30-minutes of moderate exercise and sunshine during the day makes it easier to sleep at night—and give you a serotonin boost, too!



and sleep more soundly at night

Want to wake up feeling refreshed? When you're ready to head to bed, follow these tips to improve the quality and quantity of **your sleep at night**.

Don't Head to Bed When You're Not Tired

An early night might sound nice, but don't force sleep. Heading to bed before you're tired may lead to sleep anxiety and insomnia.



Create a Daily 'Wind-Down' Routine

Hyperarousal (an active or "busy" mind) is the main reason people with insomnia can't sleep. Make time to switch off before bed.



Block Out Noise & Light

A quiet and dark room is essential for a good night's sleep. Light exposure and noise can interfere with sleep quantity and quality.



Make Your Bed a Sleep & Intimacy Zone

Leave work at your desk and meals in the kitchen. Your brain should only associate bed with sleep and intimate activities.



Don't Take Your Phone or Other Devices to Bed

Unplug at night. Blue light delays the release of sleep-inducing melatonin, increases alertness, and sets back your internal sleep clock.



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R Sandford



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Brandon David Greenwood,Sarah Ann Horning,2017 This review is based on a collection of literature encompassing sleep disturbances potential emotional behavioral and academic impacts of sleep disturbances and a variety of resources for identification prevention and intervention of sleep disturbances This review brings awareness to sleep disorders and the many internal and external characteristics often seen among students who are suffering from a lack of sleep In addition this review shares strategies for working with adolescent students who are not getting the sleep they need This literature review is the basis for development of a professional training session that helps educators understand the importance of sleep and feel prepared to intervene when an adolescent student is not receiving the sleep they need The goal of the professional training session is to educate participants on the many often overlooked impacts of a lack of sleep and to teach them practical methods for promoting sleep hygiene on both systems and individual levels These practical methods incorporate ideas and strategies from various therapeutic frameworks such as Cognitive Behavioral Therapy CBT Motivational Interviewing MI and general sleep hygiene education programs Recommendations for systems level change are also provided The professional training session provides participants opportunities to collaborate and discuss the presentation information and develop strategies for implementing these changes within the educational setting

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