



Sleep Hygiene Information Sheet

Why Sleep Matters

Sleep impacts mood regulation, concentration, stress tolerance, immune function, and overall mental health. Poor sleep can worsen symptoms of anxiety, depression, irritability, and emotional reactivity.

Healthy Sleep Habits

- Go to bed and wake up at the same time daily (including weekends).
- Create a wind-down routine 30–60 minutes before bed.
- Keep your bedroom cool, dark, and quiet.
- Use your bed only for sleep (no scrolling or TV).
- Limit caffeine after early afternoon.
- Avoid heavy meals or alcohol close to bedtime.
- Get natural light exposure in the morning.
- Engage in regular movement during the day (not right before bed).

If You Can't Sleep

- If awake longer than 20 minutes, get out of bed and do something calm in dim light.
- Avoid clock watching.
- Practice slow breathing or grounding exercises.
- Remind yourself that rest is still restorative, even if sleep feels light.