

Sleep Hygiene

Good sleeping habits are not only important to your physical health but also your mental health. Here are a few tips to keep you feeling good!

1. Keep a schedule. It is important to get in a routine of when you go to bed and when you get up in the morning. This will make getting the rest you need easier.
2. Exercise. This is important to make you feel more productive throughout the day, and get a better nights rest. However, it is important to do this early in the day and not before you go to bed, otherwise you will have a harder time falling asleep.
3. Eat healthy. This means not only eating the right foods, but also eating in a healthy manner. Avoid going to bed hungry or full, since this will inhibit sleep. Also avoid caffeine and other stimulants for four to six hours before going to bed.
4. Keep the bedroom sacred. By keeping the bedroom for sleeping purposes only you will keep yourself from associating it with other things.
5. Leave your worries on the bedpost.
Don't let yourself dwell on the stresses of the day or on the activities of tomorrow. If necessary keep a pencil and paper on your bedside table and write down your thoughts to get them off your mind.
6. Give yourself time to relax and unwind before heading to bed. Take a bath or shower, do deep breathing exercises or listen to relaxing music.

