

Tips for Sleep Hygiene

1. **Maintain a regular bedtime and awakening time schedule** including weekends. Get up about the same time every day (+/- 1 hour), regardless of what time you fell asleep.
2. **Establish a regular, relaxing bedtime routine.** Relaxing rituals prior to bedtime may include a warm bath or shower, aroma therapy, reading, or listening to soothing music. Essential oils that are relaxing include lavender and jasmine. Start dimming lights 1 hour before bed.
3. **Stop screen time at least 1 hour before bed.** This includes computers, TV, phones, tablets and video games.
4. **Sleep in a room that is dark, quiet, comfortable, and cool;** sleep on comfortable mattress and pillows. Consider using a white noise machine or fan.
5. **Use your bedroom only for sleep.** Have computers and TVs in another room. Do not do school work on your bed.
6. **Finish eating at least 2-3 hours prior to your regular bedtime.** Avoid going to bed with a full stomach.
7. **Avoid caffeine** — including coffee, soft drinks and caffeinated teas.
8. **Exercise daily** even if just for 15 minutes; finish a few hours before bedtime.
9. **Avoid napping on a regular basis.** This can reset the circadian rhythm and sleep waves.
10. **Expose yourself to sunlight during the day,** preferably in the morning after waking. This helps to establish a strong circadian rhythm.



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