

Healthy Sleep Habits

Following the same steps every night can help you fall asleep faster and stay asleep longer. Plan these sleep habits in your routine:



avoid caffeine
4-6 hours before
you go to bed



exercise or be active
earlier in the day



turn off electronics
30-60 minutes
before bed



make a plan for
brushing your teeth,
washing your face,
and taking a shower



make your bedroom
dark and cool



do something that
relaxes you like
reading, drawing, or
stretching



eat a balanced diet
that is high in fiber
and low in saturated
fat



get ready for bed
at the same time
every night



spend 10-30 minutes
outside everyday
while practicing sun
safety