

Sleep hygiene



DID YOU KNOW...

Experiencing a poor night's sleep can result in annoyance and a lack of concentration during daily activities. However, a persistent pattern of insufficient sleep has been identified by the Public Health Agency of Canada as a contributing factor to chronic stress and poor mental health. Hence, the importance of good sleep habits, commonly referred to as "sleep hygiene."

Unlock the secret to a restful night's sleep with these essential 'sleep hygiene' tips!

BED SCHEDULE

Get your body used to going to bed and getting up at the same time every day. Repetition is key to developing a healthy sleep habit.

DON'T WORK FROM BED

Use your bed only for sleeping and intimacy purposes. This helps your mind associate bed with sleeping; avoid working or watching TV from bed.

HAVE YOUR OWN SLEEP RITUAL

Train your mind and body so they know when it is time to sleep. Daily stretching, breathing exercises, or drinking tea before falling asleep could help you in this process.

TAKE A HOT BATH

Just a few hours before bedtime, have a hot bath. The change in body temperature will help you to fall sleep.

Exercise and a well-balanced diet are important for a healthy sleep habit



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