

## Sleep Routine

1. **Stick to a sleep schedule of the same bedtime and wake up time, even on the weekends.** This helps to regulate your body's clock and could help you fall asleep and stay asleep for the night.
2. **Practice a relaxing bedtime ritual.** A relaxing, routine activity right before bedtime conducted away from bright lights helps separate your sleep time from activities that can cause excitement, stress or anxiety which can make it more difficult to fall asleep, get sound and deep sleep or remain asleep.
3. **If you have trouble sleeping, avoid naps, especially in the afternoon.** Power napping may help you get through the day, but if you find that you can't fall asleep at bedtime, eliminating even short catnaps may help.
4. **Exercise daily.** Vigorous exercise is best, but even light exercise is better than no activity. Exercise at any time of day, but not at the expense of your sleep.
5. **Wind down.** Your body needs time to shift into sleep mode, so spend the last hour before bed doing a calming activity such as reading. For some people, using an electronic device such as a laptop can make it hard to fall asleep, because the particular type of light emanating from the screens of these devices is activating to the brain. If you have trouble sleeping, avoid electronics before bed or in the middle of the night even to check your phone as this can alert you to texts or emails and activate your brain.
6. **If you can't sleep, go into another room and do something relaxing until you feel tired.** It is best to take work materials, computers and televisions out of the sleeping environment. Use your bed only for sleeping. If you associate a particular activity or item with anxiety about sleeping, omit it from your bedtime routine.
7. **Use Exercises to tame anxiety.** Writing thoughts down, doodling or mindful colouring, breathing exercises, meditations, visualisations, audio's, an activity from the 50 Mindfulness .
8. **If you're still having trouble sleeping,** don't hesitate to speak with your doctor or to find a sleep professional. You may also benefit from recording your sleep in a Sleep Diary to help you better evaluate common patterns or issues you may see with your sleep or sleeping habits.

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