

Sleep Hygiene

3 WAYS TO CLEAN UP YOUR SLEEP HYGIENE



1

Comfort: Go to sleep without being too hungry or too full or too hot or cold. Make your bed comfy, sleep in a quiet place try a noise machine or fan to block out noises. Make your bedroom dark and cozy.

2

Schedule Worry Time: Dedicate a “worry time” for yourself earlier in the day (e.g., *30 minutes in the morning*)—use this time to review and make a list of any problems that consistently run through your mind. When you start to worry at night, tell yourself you will use your dedicated “worry time” the next day to focus upon problems.

3

Relaxation: Use relaxation techniques to reduce daytime stress and help you fall asleep at night. You can try the breathing techniques taught last month or use an app on your smart phone.

For additional information on the benefits of Sleep Hygiene for a good nights rest, use link below.

[Sleep Information Sheet - 04 - Sleep Hygiene new \(health.wa.gov.au\)](#)

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.