



Sleep Habits That Support Rest

A simpler sleep-hygiene guide focused on the habits that are easiest to use consistently.

Start with the basics

Sleep habits work best when they are consistent enough to teach your brain and body what to expect. You do not need a perfect routine.

KEEP A STEADY RHYTHM

- Wake up at roughly the same time each day.
- Go to bed when you are actually sleepy rather than spending long periods awake in bed.
- After a difficult night, try to keep your daytime routine reasonably normal.

HELP YOUR BRAIN CONNECT BED WITH SLEEP

- Use the bed mainly for sleep and intimacy.
- If you are awake and getting frustrated, get up for a quiet, low-stimulation activity and return when sleepy.
- Turn the clock away if checking the time increases pressure or worry.

REDUCE THINGS THAT DISRUPT SLEEP

- Limit caffeine and nicotine later in the day.
- Alcohol can make you drowsy at first but may disrupt sleep quality.
- Avoid heavy meals and strenuous exercise close to bedtime if they keep you awake.
- Keep naps limited if they make nighttime sleep harder.

CREATE A WIND-DOWN

- Dim stimulation and choose a repeatable calming routine.
- Use a cool, dark, quiet, comfortable sleep space when possible.
- Regular daytime movement can support sleep.

If sleep problems continue

Persistent insomnia can have many causes. A clinician can help identify contributing factors and discuss evidence-based treatment options rather than relying only on sleep-hygiene tips.