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SO HOW CAN YOU GET BETTER SLEEP?

TROUBLE FALLING ASLEEP? STAYING ASLEEP? WAKING UP?

Here are some science-based tips for managing your sleep habits.

USE YOUR BED ONLY TO SLEEP

Doing other activities in bed (ex: using your phone, studying etc.) makes your brain **associate the bed with being alert and awake**.



STAY OFF YOUR PHONE

Phones have blue light, which makes you feel awake and less sleepy. **Keep your sleep environment dark!**



MAKE A WIND-DOWN ROUTINE

Having a routine before sleep helps your brain and body **transition from stressful daytime activities to relax!**

SET REGULAR SLEEP AND WAKE TIMES

Sleeping and waking up at the same time each day (even on weekends!) **trains your brain** to feel tired at bedtime everyday.

CAN'T FALL ASLEEP? GET OUT OF BED AND DON'T LOOK AT THE CLOCK!

If you can't fall or stay asleep for 30 or more minutes, **avoid staying stressed in bed**. Instead, get out of bed to do a relaxing activity!

Also **avoid looking at the time**, since seeing it can make you stressed, which will make you **even more awake!**

Check out our **free online resource** to learn more about sleep:
<https://www.thehamiltonlab.org/sleepssi>