



# TIPS FOR SLEEP IMPROVEMENT



## SLEEP IMPROVEMENT INVOLVES 3 ELEMENTS:

1. Daytime behaviors
2. Nighttime habits
3. Pre-sleep routine



## DAYTIME BEHAVIOR

- Wake up at the same time each day (within a half hour)
- Reduce daytime naps to focus on your consistent sleep and wake times
- Incorporate physical activity and exposure to sunlight into your day to help regulate your body
- Limit doing work in bed so your brain associates bed with sleep, instead of with being awake and active
- Limit daily caffeine intake, and avoid it in the afternoon and evening



## NIGHTTIME HABITS

- Aim for the same bedtime every day, even on weekends (within a half hour)
- Create your own "wind down" routine. What can you spend 30 minutes doing to relax your mind and get ready for bed? What will calm you down?
- Make sure your bed is a comfortable place to be. What do you need to be cozy and ready for rest?



## PRE-SLEEP ROUTINE

- Limit technology and screens
- If you have roommates, consider ear plugs or listening to white noise via headphones to block sounds
- Try an activity that promotes rest, such as meditation, deep breathing, or progressive muscle relaxation
- If you feel restless at bedtime, get out of bed and do something relaxing for 20 minutes before trying to sleep again. Getting back in bed will signal to your brain that it is time for sleep.



## OTHER TIPS



- Sleep is important for emotional and physical well-being.
- Feeling tired during the day, waking up throughout the night, and experiencing difficulty falling asleep might be signs that your sleep routine needs support.
- Solving your sleep challenges is not a "one-size-fits-all" approach. You might have to try different tips, or put in effort to create new habits. This might involve trial and error and patience while you wait for new routines to stick!
- Consider consulting a medical professional if you feel that you are suffering from insufficient or poor-quality sleep, and do not see progress with these tips.
- Remember that sleep is worth prioritizing! It can feel tempting to stay up late to study or stream ten episodes of your favorite show; consider the benefits of a good night's sleep and feeling well rested the next day.

## GSAPP / NEW JERSEY HOPE AND HEALING

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