



# SLEEP HYGIENE

## TIPS TO IMPROVE YOUR SLEEP

ADAPTED FROM THE AMERICAN SLEEP ASSOCIATION'S GUIDELINES



### WHAT IS SLEEP HYGIENE?



Sleep hygiene refers to behaviours that promote good sleeping habits. By practicing good sleep hygiene, you can make your sleep more consistent, leading to several health benefits, as described below.<sup>4, 5, 23</sup>



### SLEEP TIPS

If you are having trouble with sleep, try some of the strategies below:



Practice [Yoga Nidra](#), a strategy that helps foster a sense of deep relaxation which in turn can support sleep.<sup>1, 10, 11</sup>



Keep a sleep journal to track any changes in your sleep patterns and determine the conditions that help you get the best sleep!<sup>8, 20, 23</sup>



Practice the [calming breath](#) strategy, a mindfulness [body-scan](#) or [progressive muscle relaxation](#) to help calm your mind.<sup>3, 7, 13, 18, 26</sup>



Using a blue light filter on your computer (e.g., [justgetflux.com](#)) eliminates blue light that can disrupt the sleep cycle and strain your eyes.

### Check out some free sleep tracker apps:



Calm: Sleep, Meditate, Relax



Sleep Better



Sleep Cycle

Available for IOS and Android

### WHY IS SLEEP SO IMPORTANT?

There are a variety of benefits that come from having a consistent sleep schedule. These benefits impact the mind, body, and overall health.



### IMPROVE YOUR SLEEP BY...



Maintaining a regular sleep routine<sup>14, 17</sup>



Not looking at screens or reading in bed<sup>12, 15</sup>



Exercising regularly, but not too close to bedtime<sup>6, 16, 21, 22, 27</sup>



Avoiding naps if possible<sup>28</sup>



Having a quiet and comfortable bedroom



Drinking caffeinated beverages with caution<sup>9, 24</sup>



Avoiding cigarettes, alcohol, and over-the-counter medications that impact sleep<sup>24, \*</sup>



Having a comfortable bedtime routine (shower, meditation, etc.)<sup>2, 19</sup>

→ We know these aren't always easy to follow, but keep them in mind!



Remember everyone has their own sleep cycle, some are night owls and some are early birds. Respect your own natural sleep cycle as much as possible!

### Don't try to change everything at once!

Start with a **small** improvement to your sleep habits, and then work your way to practicing good sleep hygiene on a regular basis. It's okay if you can't practice all of the above sleep tips everyday.

**Find out what works best for you and stick to that.**

### IMPORTANT NOTE:



Everyone has a bad night or two, this is nothing to worry about. However, consistent sleep deprivation lasting multiple days or weeks could signal other medical problems. Make sure to consult a medical professional if you are having persistent problems with sleep.



For a **complete list of references** check out the Reference List page at [www.engineeringresilience.ca](http://www.engineeringresilience.ca)

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