

Sleep (or not enough sleep) can dramatically affect both our physical and mental health. Adults and children who do not get enough sleep, or who have disrupted sleep are more likely to have daytimes symptoms of depression, anxiety, concentration problems, and irritability. The most effective way to improve your sleep is with good sleep hygiene. Here are some sleep hygiene tips.

- Keep a consistent bed time
- Keep a consistent wake time - if you sleep in an extra 3 hours later on the weekend it will be much harder to go to bed at the same time at night
- Minimize stimulation in bed and set a comfortable sleep environment

Keep a dark room

No electronics (tv, phone, tablets)

Limit wake ups due to pets or other siblings in house

Most people sleep better in a cooler environment (temperature below 70F)

- Limit non-sleep activities in bed(using your bed as a desk or workspace during day may make it harder to sleep in at night)
- Limit caffeine and other stimulating medicines or foods prior to bed
- No screen time (tv, phone or tablet) one hour or more prior to bedtime
- Create a calming bedtime ritual (10 minutes before bed is not time to start studying for stressful exam or completing challenging homework assignments)
- Some people find herbal teas, lavender scents, white noise or eye masks helpful - can experiment with what helps you get restful sleep

- Allow yourself enough sleep time to feel well rested in the morning. This is different for everyone.