

# Healthy Sleep Habits

SET BEDROOM TEMPERATURE TO 19°C OR LOWER

USE BLACKOUT CURTAINS

TURN ON WHITE NOISE TO PLAY AT A LOW LEVEL.

IF YOUR BEDROOM IS TOO QUIET, IT COULD CAUSE YOU TO CONCENTRATE ON EVERY SMALL SOUND YOU HEAR. WHITE NOISE CAN HELP DROWN OUT SMALL NOISES AND HELP YOU SLEEP.

STOP DRINKING CAFFEINE AT LEAST 8 HOURS BEFORE YOU GO TO BED.

ABSTAIN FROM ALCOHOL BEFORE BED.

DO GUIDED MEDITATION OR IMAGERY BEFORE BED.

DO PROGRESSIVE MUSCLE RELAXATION IF YOU WAKE UP IN THE MIDDLE OF THE NIGHT.

TURN OFF YOUR PHONE AT LEAST 60 MINUTES BEFORE BED.

CREATE A BEDTIME ROUTINE THAT PROMOTES CALM.

TAKE A WARM BATH, DIM THE LIGHTS IN YOUR ROOM, AND CHOOSE NIGHTTIME ENTERTAINMENT THAT IS NOT GOING TO INCREASE YOUR STRESS.

MAKE A SHORT LIST OF THINGS YOU NEED TO DO THE NEXT DAY SO YOU DON'T WAKE UP THINKING ABOUT YOUR TO-DOS.

TRY TO GO TO BED AROUND THE SAME TIME EVERY NIGHT, EVEN ON WEEKENDS.

USE YOUR BED ONLY FOR SLEEPING.

FIND OTHER PLACES TO READ, RELAX, WORK, OR TALK ON THE PHONE AND RESERVE YOUR BED FOR ONLY SLEEP

EAT A SMALL PROTEIN-RICH SNACK BEFORE BED.

THIS WILL PREVENT YOUR BLOOD SUGAR DROPPING IN THE MIDDLE OF THE NIGHT.

# SLEEP TRACKING CHALLENGE

For the next month, your task is to give yourself one point for every night you get at least 8 hours of uninterrupted sleep or do an activity on our Healthy Sleep Habits list. Record your points on your daily tracker below. At the end of the month, snap a picture or scan your log and email it to [pam.verhoeff@blackgold.ca](mailto:pam.verhoeff@blackgold.ca) to be entered for a prize!

**EACH FAMILY MEMBER WHO PARTICIPATES WILL BE ENTERED SEPARATELY TO WIN!**

(make a copy of this log)

february 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					