

Healthy Sleep Hygiene Habits to Benefit Physical and Mental Health

Maintain a consistent sleep routine. Go to bed and wake up at the same time each day, including weekends.

Keep the bedroom a cool temperature, ideally between 60-67°F.

Darken where you sleep. Turn off lights, use blackout curtains and eye masks.

Get rid of outside disruption with ear plugs or a sound machine. Heavy curtains and rugs can help absorb sound.

Limit light and screen time. Turn off TVs, tablets and phones 1-2 hours before bed for less time viewing melatonin-inhibiting blue light.

Keep a bedtime routine. Wind down with calming activities such as reading, stretching or taking a warm bath.

Create a cozy space with a comfortable mattress, bedding and a good pillow.

Control what and how much you eat and drink. Avoid spicy foods, heavy meals, caffeine, nicotine and alcohol 4-6 hours before bed.

Reserve bed for sleep and intimacy. Avoid eating, working or watching TV in bed. This makes the mental bond between bed and sleep stronger.

Avoid daytime napping to help you have deep, continuous sleep at night.

Exercise during the day and avoid intense workouts close to bedtime.

Increase safe, natural sunlight exposure during the day to help manage your circadian rhythm.

Avoid “tossing and turning.” If you cannot fall asleep after 20 minutes, leave the bedroom and do a quiet, relaxing activity until you feel tired.

Monitor your sleep. Download a sleep app or try a sleep journal to learn about the quality of your sleep.

Learn More:

[Mastering Sleep Hygiene for Quality Sleep \(Sleep Doctor\)](#)

[Simple Practices for Better Rest \(Harvard Health\)](#)

[Healthy Sleep \(CDC\)](#)

[8 Ways to Improve Your Sleep Hygiene \(Cleveland Clinic\)](#)

