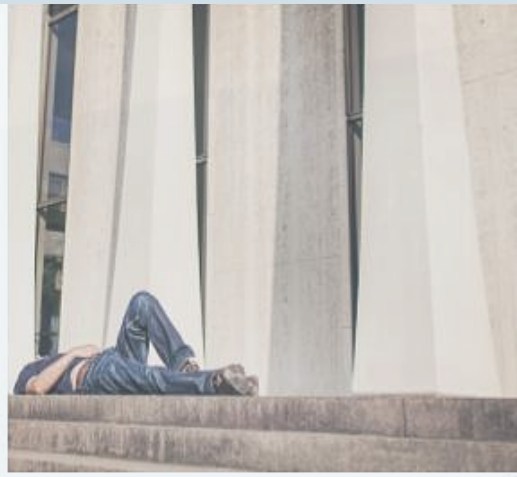


# WELLNESS EDUCATION CENTRE

## Top 10 Tips to

# SLEEP WELL

Created by Lauren Kanko



### 1) Create a regular sleep schedule

*It will be easier to fall asleep and wake up refreshed when you maintain a consistent schedule*

### 2) Reduce screen time

*Blue light from screens can disrupt your natural rhythms and make you feel more awake*

### 3) Limit naps to less than an hour

*Lengthy naps late in the afternoon can mix up your sleep schedule*

### 4) Aim for a substance-free sleep

*Caffeine and alcohol can make it harder to fall asleep or lead to a more restless sleep*

### 5) Create a bedtime ritual

*This can help you unwind for the evening and give your body cues that you're almost ready to sleep*

### 6) Track your sleep habits

*Write it down or use a sleep app to monitor how long you sleep, when you went to bed, and how you slept*

### 7) Try blue-light cancelling apps

*Cancel out blue light from your phone or computer with orange tinted "night time" apps*

### 8) Create a relaxing atmosphere for sleep

*Try turning on softer lights, having a cup of caffeine-free tea, or reading your book to unwind*

### 9) Keep a pen and paper beside your bed

*Write down any thoughts that are keeping you awake or things you might forget in the morning*

### 10) Exercise during the day!

*Give yourself some time to wind down after a vigorous workout.*



Western  
UNIVERSITY • CANADA

# WELLNESS EDUCATION CENTRE

Top 10 Tips  
to

## SLEEP WELL

Created by Lauren Kanko



### WEEKLY SLEEP DIARY

Use this calendar to record when you went to bed, when you woke up, when you exercised, and when you had caffeine during the day.

	SUN	MON	TUES	WED	THURS	FRI	SAT
Time to Bed							
Woke Up							
Exercise							
Caffeine							

### 3 STEPS TO A BETTER SLEEP

Write down 3 things you will do this week to get a better night's sleep this week. For example, you might decide to: (1) Install a blue-light cancelling app, (2) practice meditation before bed, and (3) only drink coffee before noon.

1)

2)

3)



Western  
UNIVERSITY · CANADA