

Strategies to Enhance Sleep Quality

- ✓ Avoid sleep-irrelevant activities in bed (i.e. watching TV, reading, use of electronic devices)



- ✓ Acquire, practice a sleep ritual (i.e. relaxing bath or exercises, away from bright lights)



- ✓ Keep a regular sleep schedule: sleep and wake up at similar times everyday



- ✓ Exercise during daytime and avoid exercising too close to bedtime (2-6 hours before)

- ✓ Avoid napping as it can interfere with nighttime sleep; however, nap duration of 10-20 minutes is optimal



- ✓ Expose oneself to sunlight for 30 minutes minimum each day to help synchronize internal biological clock with external day-night cycle

- ✓ Avoid caffeine, nicotine, alcohol 4-6 hours before sleep as they can interfere with sleep



Alcohol particularly can interfere with slow wave sleep (stages 3 and 4), an important requirement for restful sleep

- ✓ Avoid eating too much or too little before going to bed



- ✓ Ensure sleep environment is at comfortable temperature: evidence suggests hot environment leads to more wake time and lighter sleep



- ✓ Ensure low-noise sleep environment and consider using earplugs or white noise to mask undesirable noise



- ✓ Invest in comfortable bedding and pillow



Introduction

Sleep hygiene refers to health-related practices, behaviours and environmental factors necessary for high quality nighttime sleep and daytime alertness.

Maintaining good sleep hygiene is a long-term solution that can help provide relief from sleep problems.



“There is a time for many words, and there is also a time for sleep.”

— Homer, *The Odyssey*

How can I Improve my Sleep Quality?

A Guide to Good Sleep Hygiene
