

SLEEP HYGIENE TIPS

Sleep hygiene is a combination of behavioural and environmental practices that can help us improve our sleep.

PRIORITIZE YOUR SLEEP

Try to get **at least 7 hours** a night.



STAY CONSISTENT

Try to **go to bed and wake up at the same time** each day (Even on weekends!)



CREATE A BEDTIME ROUTINE

Bathe, read, listen to calming music, meditate etc.



USE SUNLIGHT

Let the sun in during the morning & avoid bright lights before bed.



AVOID USING ELECTRONICS BEFORE BED

Turn off screens **at least 30 minutes before bed** and avoid reading distressing news in the bedroom.



HAVE A SAFE & COMFORTABLE ENVIRONMENT

Keep it dark, quiet, and cool. Use supportive bedding and **try not to use your bed to do work or watch TV.**



EXERCISE REGULARLY & EAT WELL

Avoid **caffeine and alcohol** after lunch and eat regularly throughout the day (instead of a large meal before bed). Regular exercise can also help you sleep (but **don't work out right before bed!**)



Visit [DepressionHurts.ca](https://depressionhurts.ca) to Learn More!



Mood Disorders Society of Canada
La Société Pour Les Troubles de L'Humeur du Canada

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