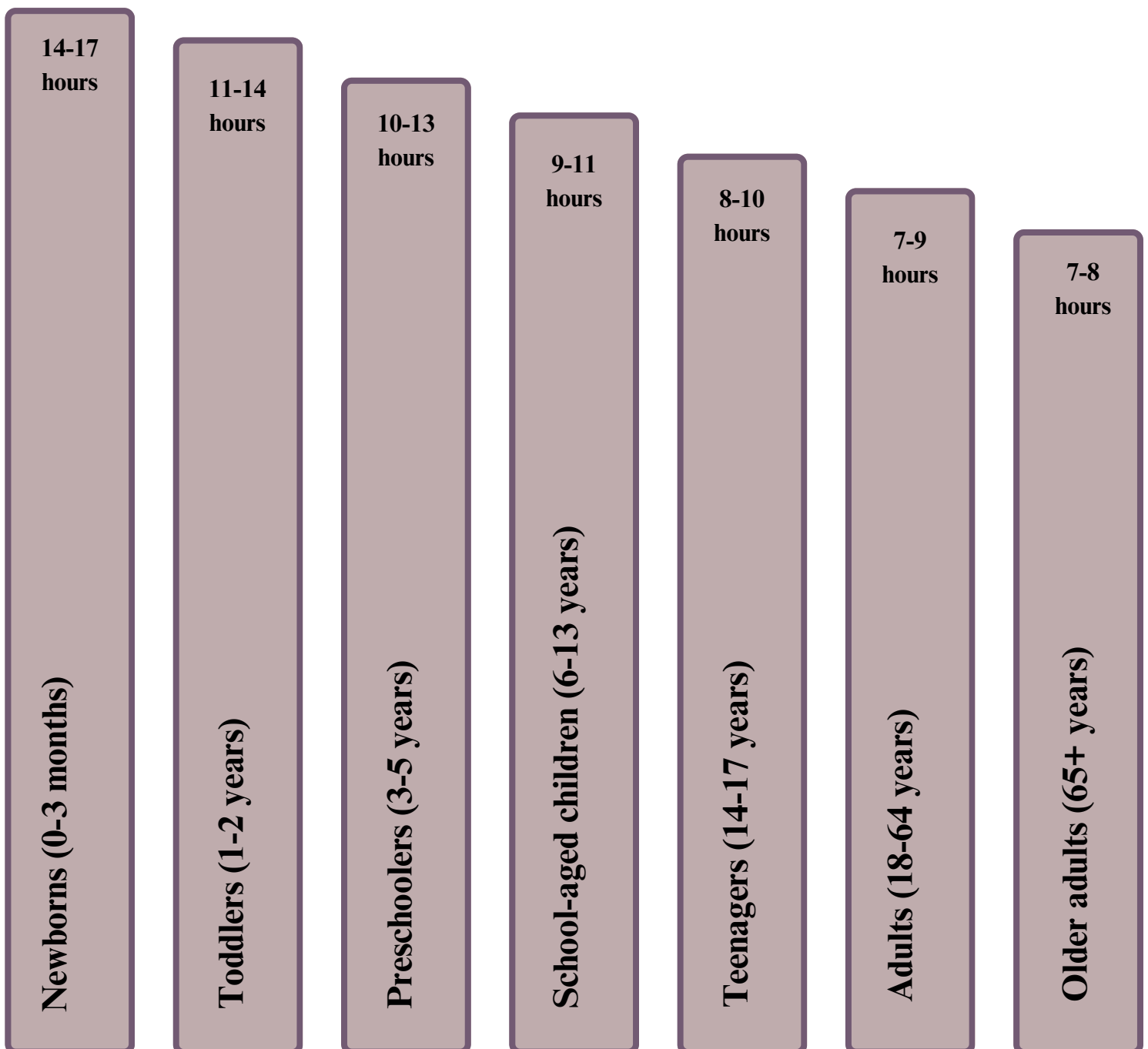


# Sleep

Sleep hygiene refers to the habits and practices that promote good quality sleep. Improving our sleep hygiene can lead to better overall health, improved mood, and enhanced cognitive function.

Many people are uncertain about the ideal amount of sleep they should get. Both insufficient and excessive sleep can negatively impact our overall well-being.



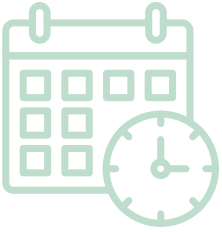
# Sleep Diary

## Morning

<b>Date/Day</b>				
<ul style="list-style-type: none"><li>• Time I went to bed</li><li>• Time I got out of bed today</li><li>• Approximate hours spent asleep</li></ul>				
<b>How many times did I wake up last night?</b>				
<b>How long did it take to fall asleep?</b>				
<b>The quality of my sleep was:</b> very good, good, bad, very bad				
<b>My sleep was affected by:</b>				
<b>How rested do I feel?</b> Scale of 1-3 (1 being not rested at all and 3 being really rested)				

# Sleep Hygiene

## Tips for a better night's sleep:



Develop a regular sleep routine



Unplug from electronic at least 30 minutes before bedtime



Avoid caffeine and alcohol atleast 4-6 hours before bed



Remove or reduce naps



Reduce the temperature of your room



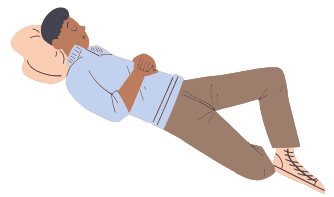
Keep a pen & paper close to write any to-do list or thoughts



Dim the lights before bed. It helps the body to prepare for sleep



If you need to make adjustments to your schedule do it gradually



Relaxation methods such as meditation and calming music can prepare your brain to fall asleep

# Sleep Hygiene Checklist

- I maintain a consistent sleep schedule, even on weekends.
- I avoid caffeine, nicotine, and alcohol at least 4-6 hours before bed.
- My bedroom is dark, quiet, and cool.
- I avoid using electronic devices 1-2 hours before bed.
- If I can't sleep, I get up and do a calming activity.
- I avoid naps, especially in the late afternoon.

## Sleep Improvement Plan

Based on your sleep diary and hygiene checklist, identify three areas for improvement

For each area, write down a specific, actionable step you can take to improve