"Sleep hygiene" is a term used to describe good sleep habits. Use these tips to improve your sleep habits and help yourself get a good night's sleep!

**STICK TO A ROUTINE**
- Turn off your screens at least 30 minutes before bed. Use this time to practice mindfulness by doing deep breathing exercises, practicing gratitude, or meditating.
- Try to keep the same nighttime and daytime routines. Including a warm shower in your nighttime ritual 1-2 hours before bed will increase body temp, making you more sleepy!

**SLEEP WHEN SLEEPY**
- Only try to sleep when you actually feel tired instead of spending too much time staying awake in your bed.

**GET UP AND TRY AGAIN**
- When you can't sleep after trying for 20 minutes or more, get out of bed and do a relaxing activity, like reading a book or doing deep breathing exercises.

**AVOID CAFFEINE, NICOTINE, AND ALCOHOL**
- Avoid these substances at least 4-6 hours before bed. Make sure you know which foods and drinks have caffeine!
- Contrary to common beliefs, alcohol actually decreases sleep quality.

**LIMIT NAPS**
- Avoiding naps during the day will help you be more tired at bedtime. If you need to nap, make sure it's for less than an hour before 3:00pm.

**STOP WATCHING THE CLOCK**
- If you're struggling to sleep, constantly checking your phone to see what time it is can make you more alert and focus on negative thoughts, like "I can't believe how late it is!" or "I won't be able to function tomorrow."

**MOVE!**
- Incorporating joyful movement into your day can help you feel more awake in the day and sleepy at night. Try to avoid strenuous movement 4 hours before bedtime!

**THE RIGHT SPACE**
- A comfy bed with lots of blankets and cool room can do wonders for sleep. Block out early sun or other lights with an eyemask or curtains and decrease noise with earplugs.

**BED IS FOR SLEEPING**
- Only use your bed for sleeping and sex. That way, your brain associates your bed as a place for only those activities.