Sleep Hygiene

Explore Free Sleep & Insomnia Practices

Sleep Hygiene is really just about the simple habits that help you get a good night's rest. It's about setting up your day and your space to make it easier for your body and mind to relax, and it actually starts from the moment you wake up. Building these habits helps support your body's natural rhythm, reduces things that disturb your sleep, and leaves you feeling better overall.

Morning

Avoid The Snooze Button:
Hitting snooze fragments your sleep, disrupts your natural wake-up process, and prolongs morning drowsiness.

Get Bright Light Exposure:
Open curtains, step outside, or sit by a window as soon as possible after waking to help recalibrate your circadian clock.

Start The Day Gently:
Ease into your day with a few quiet minutes of meditation or stretching, without reaching for your phone. This will help set a calm tone for your your day.

Day

Drink Water:
Stay hydrated, but avoid excessive fluid intake late in the day to minimize waking up in the night.

Get Moving:
Move your body during the day to support better sleep at night.

Limit Naps:
If needed, nap for no more than 20–30 minutes and not after mid-afternoon.

Watch Your Intake:
Avoid caffeine, heavy meals, or alcohol too close to bedtime, as they can interfere with sleep quality.

Night

Limit Stimulation:
Dim lights and avoid blue light at least 30–60 minutes before bed to help your body wind down.

Create A Calming Routine:
Try relaxing practices like deep breathing or gentle meditation before sleep.

Set A Consistent Sleep Schedule:
Go to bed and wake up at the same times every day, even on weekends, to regulate your body's internal clock.

Normalize Wake-Ups:
Briefly waking up during the night is part of a healthy sleep cycle. Avoid judging them or checking the time.