



Your body needs consistent, restful sleep to function properly, and the way you approach your bedtime routine and sleep environment plays a big role in making that happen. Knowing what's behind poor sleep is the first step to attempt to fix it.

WHAT IS SLEEP HYGIENE?

Sleep hygiene isn't about cleanliness—it's about the habits, behaviors, and environment that impact your sleep quality. Poor sleep hygiene can lead to issues like trouble falling asleep, staying asleep, or waking up feeling exhausted.



Common Signs of Poor Sleep Hygiene



DAYTIME SLEEPINESS OR
IRRITABILITY



WAKING UP IN THE MIDDLE OF
THE NIGHT



DIFFICULTY FOCUSING OR
REMEMBERING THINGS



FEELING TIRED, EVEN AFTER A
FULL NIGHT'S SLEEP



TROUBLE FALLING OR STAYING
ASLEEP



What causes poor sleep hygiene?



UNCOMFORTABLE SLEEP ENVIRONMENT

A noisy or uncomfortable room can prevent deep sleep.

IRREGULAR SLEEP SCHEDULE

Going to bed and waking up at different times throws off your body's natural rhythm.

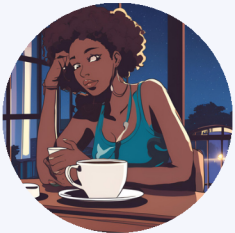


LACK OF A BEDTIME ROUTINE

Jumping from activities straight into bed makes it hard for your brain to slow down.

TOO MUCH SCREEN TIME

Your phone, tablet, or TV before bed sends signals to your brain that it's not time to sleep yet.



CAFFEINE, ALCOHOL, OR NICOTINE

These mess with your ability to fall asleep if consumed too late in the day

Consequences of Poor Sleep Hygiene

SLEEP DEPRIVATION

IN THE SHORT-TERM CAN LEAD TO:

INCREASED STRESS
POOR MEMORY AND COGNITION
MOOD CHANGES



IN THE LONG-TERM CAN LEAD TO:

HIGHER RISK FOR DISEASES
DIABETES
HYPERTENSION

Not getting enough quality sleep can seriously affect both your mind and body.



Tips for Improving Sleep Hygiene

CUT THE CAFFEINE



It's not just coffee! Caffeine can sneak into sodas, energy drinks, and even chocolate. Even a cup in the early afternoon can stay in your bloodstream until later. Avoid it at least 4-6 hours before bed.

MAKE YOUR ROOM SLEEP-READY



Keep your bedroom cool (around 65°F), dark, and quiet. Use blackout curtains, earplugs, or white noise if needed. Declutter your space to make it more calming.

CONSIDER INHALER USE



If you have asthma, remember to talk to your primary care doctor or pulmonary specialist about how your inhaler might affect your sleep.

CATCH SOME SUNLIGHT



Getting sunlight in the morning helps regulate your sleep-wake cycle. Pair it with some exercise to boost your sleep quality.

STICK TO A SLEEP SCHEDULE



Train your body's internal clock by going to bed and waking up at the same time, even on weekends.

DITCH THE NICOTINE



Whether you're vaping or smoking, nicotine messes with your sleep since it's a stimulant that boosts your heart rate and alertness.

CREATE A BEDTIME ROUTINE



Wind down with cozy pajamas, a warm bath, or a good book (not a screen!). This signals your brain that it's time to relax.

TRY A WEIGHTED BLANKET



If anxiety keeps you awake, weighted blankets can help calm you down and make falling asleep easier.

NIX THE NAPS



If you need a nap, keep it under 30 minutes and avoid napping after 3 p.m., or it could mess with your nighttime sleep.

USE YOUR BED FOR SLEEP ONLY



Don't scroll on your phone, do homework, or watch TV in bed. This helps train your brain to associate your bed with rest, not activity.

LIMIT SCREEN TIME



The blue light from screens stops your body from making melatonin, a hormone that helps you sleep. Try putting your devices away at least an hour before bed.

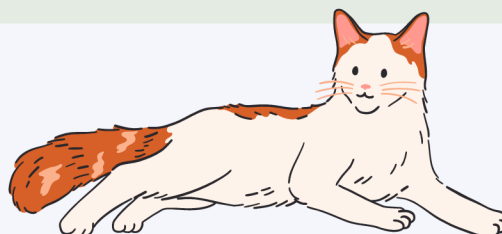
CHECK YOUR DIET



Spicy, high-fat, or heavy meals close to bedtime can cause discomfort and mess with your sleep. Try to eat dinner 3-4 hours before bed and limit fluids after 6 p.m.

PET DISTURBANCES

If your pet tends to wake you up at night, consider giving them their own sleeping space. This is particularly common with cats who are nocturnal!





Sleep Aids and Supplements

UNISOM

A gentle over-the-counter sleep aid, safe for use during pregnancy, especially helpful if morning sickness is messing with your sleep.

BENADRYL

Helpful in a pinch, but not for long-term use. Some people may even feel more awake after taking it, so check with your provider before using it.

MAGNESIUM

Magnesium Calm Powder is great for relaxing muscles and improving sleep quality. Just start slow, as too much can lead to frequent bathroom trips! There are many types of magnesium - aim for using **glycinate!**

TAKING MEDICATIONS AT THE RIGHT TIME

Taking **Vitamin D** at bedtime can help improve sleep quality. Make sure to discuss prescription medications with your doctor to determine when's the best time to take them.

RELAXING SOUNDS

Try experimenting with **pink noise**, **brown noise**, or **classical music** during bedtime. These can help calm down your mind, especially if it's overactive.

LIGHTING DEVICES

Devices like the **Hatch Restore** can help create a relaxing routine for sleep by mimicking natural light patterns.

MELATONIN

A natural sleep aid that's a great alternative to prescription meds. If you have trouble staying asleep, try **Melatonin ER**.

ZzzQuil is also a solid option since it includes valerian root, lavender, and chamomile.

CBD GUMMIES, OIL, OR LOTION

CBD has helped many people reduce or eliminate their need for sleep or anxiety meds—just make sure you're using a brand with no THC.

ESSENTIAL OILS

Lavender and **chamomile** oils can help you relax. Use a spray or roll-on, but double-check that the oils are pet-safe.

We're here to help!

If you've tried all these tips and still struggle with sleep, reach out to us at **Paperflower Psychiatry LLC**. We offer evidence-based, holistic care and are here to support you.

Visit our website for more tips on how to sleep better!

We're here to help you get the rest you deserve!

