



**Clara Barton**  
THERAPY SERVICES

Dream  
Big

Tips for having

# HEALTHY SLEEP HYGIENE

Exercise  
regularly  
during  
the day

Expose yourself to  
bright light/sunlight in  
the morning

Develop  
a relaxing routine  
- shower or  
bath, music,  
reading

Reserve your bedroom  
for sleep only - no cell phones,  
computers, TV, or video games  
right before bed

Make sure  
your bedroom is  
conducive to sleep  
- dark, quiet,  
comfortable,  
and cool

Don't go to bed feeling hungry,  
but also shouldn't eat 2-3 hours prior  
to bedtime - it is important to have  
scheduled/consistent meal times

Sleep on a  
comfortable  
mattress  
and pillow

Avoid caffeine consumption  
starting in the late afternoon  
- soda, coffee, chocolate

Go to bed and  
wake up at the  
same time  
every day

**\*\*If you have more questions about living a healthy lifestyle,  
follow up with annual wellness checks with your primary care provider.**