

## Self-Help Resources for

# SLEEP HYGIENE

## What is sleep hygiene?

Sleep hygiene is a term used to describe healthy sleep habits, as well as behaviors you can practice that may help improve your ability to fall asleep and stay asleep through the night. Establishing and practicing good sleep hygiene throughout the day impacts both the quality and quantity of sleep you get each night.

Good sleep hygiene is essential for physical and mental wellbeing. Getting enough sleep helps your energy, focus, mood, and can boost your immune system. Most adults need between 7-10 hours each night.

## Sleep hygiene indicators

Signs you may benefit from adjusting your sleep hygiene practices may include:

- Difficulty falling and staying asleep
- Mood changes
- Increased irritability
- Difficulty concentrating or problems with memory
- Sleepiness during the day
- Constant fatigue
- General lack of consistency in sleep quality and/or quantity

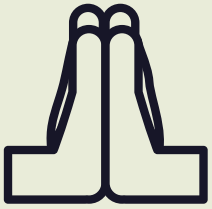


## Helpful Tips



### Set a sleep schedule

Try to go to sleep and wake up around the same time each day.



### Prioritize sleep

Avoid skipping sleep to work, study, or socialize. Limit large meals and caffeine before bedtime.



### Create a nightly routine

Plan to wind down 30 minutes before bedtime. Try taking a relaxing shower or reading a book.



### Create a restful environment

Keep your sleeping space clear and limit the use of electronics. Keep the temperature cool and the lights off.

## Resources

Check out our full resource list via QR code!



## Counseling Center Services

The AppState Counseling Center offers a variety of services including short-term individual counseling, group therapy, workshops, self-help resources, referral coordination, and more! To get started, schedule an initial consultation at 828-262-3180.

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