

SWEET DREAMS



Improve your sleep hygiene

Set yourself up for better sleep with simple habits that support a healthy night's rest.



Your sleep routine

Establishing consistent sleep habits can improve sleep quality and help you fall asleep faster.

- Wake up at the same time every day — yes, even on weekends!
- Go to bed only when you feel sleepy.
- Get out of bed if you can't sleep after 15–20 minutes. Do something quiet in low light, then return to bed when sleepy.
- Avoid naps, especially late in the day, as they can disrupt nighttime sleep.

Your sleep environment

Your bedroom should be a sleep sanctuary.

Make a few tweaks to improve comfort and reduce distractions.

- Keep it cool, quiet and dark — use blackout curtains, earplugs or white noise as needed.
- Use your bed for sleep only — avoid watching TV, working or using your phone in bed.
- Limit screen exposure — no phones, laptops or TV for at least 30 minutes before bed.



Your daily habits

The way you spend your day affects how you sleep at night.

- Avoid caffeine 6+ hours before bedtime.
- Skip alcohol and heavy meals late in the evening.
- Get regular exercise — but finish workouts at least two hours before bed.
- Spend time in natural light during the day to regulate your internal clock.



REMEMBER:

If you continue to have trouble sleeping, support is available.

Talk to your doctor or visit mysleepwell.ca for more proven, evidence-based strategies.

www.sk.bluecross.ca/healthysk