

BLUEPRINT

to wellness

A QUICK GUIDE FOR IMPROVING SLEEP

Quality sleep is one of the most powerful ways to improve your physical and mental well-being. A consistent sleep routine helps boost energy, mood, focus and immune function.

Set the stage for a better sleep



STICK TO A SCHEDULE

Go to bed and wake up at the same time each day — even on weekends. This helps regulate your internal clock and improves sleep quality over time.

CREATE A CALMING ROUTINE

Wind down each night with relaxing activities like reading, stretching or deep breathing. Avoid screens and bright lights for at least 30 minutes before bed.

MAKE YOUR SPACE SLEEP-FRIENDLY

Keep your bedroom cool, dark and quiet. Use blackout curtains, white noise machines or fans to block out distractions. Reserve your bed for sleep — not work or screens.

Habits that support restful sleep

STAY ACTIVE

Regular physical activity promotes better sleep, especially when done earlier in the day. Even a short walk can help your body wind down later.

BE MINDFUL OF CAFFEINE AND ALCOHOL

Limit caffeine after mid-afternoon and avoid alcohol close to bedtime — both can interfere with deep sleep and REM cycles.

WATCH WHAT AND WHEN YOU EAT

Avoid heavy meals late at night. If you're hungry before bed, reach for a light, sleep-friendly snack like a bowl of yogurt or a banana.



WHEN TO SEEK SUPPORT

If you consistently struggle with falling or staying asleep, talk to your doctor. Support is available and better sleep is within reach.

Head to sk.bluecross.ca/healthysk for more health and wellness resources.