1) Create a regular sleep schedule
   It will be easier to fall asleep and wake up refreshed when you maintain a consistent schedule

2) Reduce screen time
   Blue light from screens can disrupt your natural rhythms and make you feel more awake

3) Limit naps to less than an hour
   Lengthy naps late in the afternoon can mix up your sleep schedule

4) Aim for a substance-free sleep
   Caffeine and alcohol can make it harder to fall asleep or lead to a more restless sleep

5) Create a bedtime ritual
   This can help you unwind for the evening and give your body cues that you’re almost ready to sleep

6) Track your sleep habits
   Write it down or use a sleep app to monitor how long you sleep, when you went to bed, and how you slept

7) Try blue-light cancelling apps
   Cancel out blue light from your phone or computer with orange tinted "night time" apps

8) Create a relaxing atmosphere for sleep
   Try turning on softer lights, having a cup of caffeine-free tea, or reading your book to unwind

9) Keep a pen and paper beside your bed
   Write down any thoughts that are keeping you awake or things you might forget in the morning

10) Exercise during the day!
    Give yourself some time to wind down after a vigorous workout.
WELLNESS EDUCATION CENTRE
Top 10 Tips to
SLEEP WELL

Created by Lauren Kanko

WEEKLY SLEEP DIARY
Use this calendar to record when you went to bed, when you woke up, when you exercised, and when you had caffeine during the day.

<table>
<thead>
<tr>
<th></th>
<th>SUN</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time to Bed</td>
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<td>Woke Up</td>
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<td>Exercise</td>
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<td>Caffeine</td>
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</tbody>
</table>

3 STEPS TO A BETTER SLEEP
Write down 3 things you will do this week to get a better night's sleep this week. For example, you might decide to: (1) Install a blue-light cancelling app, (2) practice meditation before bed, and (3) only drink coffee before noon.

1) 

2) 

3)