

STEP 2 - Develop good sleep habits



1. Take an hour before going to bed to relax.

Sleepiness is a gradual process and a relaxation period before going to bed helps quiet the mind.



2. Establish a going-to-bed routine.

Once your going-to-bed routine is established, it will signal to your brain and your body that bed time is coming soon and will induce sleepiness.



3. The time to go to bed is when you feel sleepy.

Look for sleepiness signs: yawning, heavy eyelids, etc.



4. After 20 minutes of tossing and turning, get out of bed.

If you can't fall asleep, leave the room and do a non-stimulating activity: quiet reading, listening to soft music. Go to bed when you feel sleepy again.



5. Stick to a regular wake-up time.

Getting up every day at the same time notwithstanding the time you went to bed the night before is conducive to getting a good night's sleep.



6. You should not read, use devices, or watch TV in bed.

It is recommended to only use your bed for sleeping.



7. Limit naps during the day.

Time spent sleeping during the day counts in your total sleep time. Napping after dinner could disturb your night's sleep.



8. Time spent in bed should equal total sleep time, as much as possible.

Your sleep efficiency ratio should be above 85% on most days.