**Sleep Hygiene**

What time do you go to bed?

What time do you get up in the morning?

What can you do if your sleep schedule is interrupted or delayed?

Where do you put your electronics before you go to bed?

How much caffeine do you drink in a day?

**Things to remember:**

1. Try to maintain a strict sleep schedule each day
2. Use your bed only for sleeping and sex
3. Turn off all electronics about an hour before bed and let your mind relax
4. Remove electronics from your bedroom if possible
5. Keep your room cool and dark during sleeping hours
6. No caffeine after midday
7. No activating media after for at least two hours before bed
8. No exercise less than two hours before bed
9. Meditation and/or prayer can help to calm your mind before bedtime
10. No heavy meals two hours before bedtime

Use the table below to keep track of your sleep schedule. This will help us to keep track of how your sleep is effected and how we can better help you to sleep.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Sleep Begins:Sleep Ends: | Sleep Begins:Sleep Ends: | Sleep Begins:Sleep Ends: | Sleep Begins:Sleep Ends: | Sleep Begins:Sleep Ends: | Sleep Begins:Sleep Ends: | Sleep Begins:Sleep Ends: |
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