



SLEEP HYGIENE TIPS

MIND BODY BEDROOM

Sleep plays a vital role in memory, performance, and learning. It helps maintain alertness and improves your overall mood, health, and well-being. Sleep provides an opportunity for your mind and body to restore, balance, and repair itself.

Improve your sleep

On average, we all experience difficulty falling asleep. Falling asleep already involves working during the most of evening.

Healthy Sleep Latency

It should take you between 10-20 minutes to fall asleep. Falling asleep immediately indicates exhaustion, however it is difficult to gauge how well you're falling asleep. Do not "check what" or worry if it takes you longer to fall asleep.

Clear your Mind

To quieten images, self-talk, emotions, or breathing techniques to decrease stressful or worrisome thoughts that you think. These techniques are designed to facilitate moving the mind to bring about sleep. Suggested quieten images is imagining a scene of your preference - such as a tropical sea beach, scene on a beach, or a forest morning.

Go to Bed Again

If you have been trying to fall asleep but cannot, consider getting up again. Go to another preferred room, at quality, try some relaxation techniques, or engage in a non-stimulating activity.

Do not watch television, use a computer, tablet device, or phone, eat or drink.

When you feel tired again, go back to bed. Discuss it with your doctor if you consistently cannot fall asleep within 30 minutes of going to bed.

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Quality sleep requires preparation of both your mind and body, as well as your bedroom. There are many techniques you can use to improve your sleep quality. This booklet includes helpful sleep hygiene tips that can help increase your sleep potential.

OPTIMIZE YOUR SLEEP SETTING

Good quality sleep requires a bedroom that is conducive to sleep any time of the day.

Use the Lights

The brain is sensitive to blue light from TVs, mobile phones, computers, & other devices. Blue light can interfere with your body clock by sending signals to the brain that it's time to wake up. Try to avoid blue light for hours before bedtime.

Use of the Bedroom

Deliberately associate your bedroom with relaxation by limiting bedroom activities to sleep or intimacy.

Temperature

If you are too hot or cold, you will stay in lighter stages of sleep or consistently wake up. People tend to sleep best when the bedroom is slightly cool—generally around 60-67°F (15-19°C).

Use the Lights

Dim the lights about an hour before bed to tell your body it's time to sleep. Avoid blue light. Try using warm, dimming shades or curtains to make your room as dark as possible when sleeping.

Tranquility

Your room should make you feel relaxed and peaceful. Choose wall colors and decorations that make you feel good. It's also helpful to keep your room clean and uncluttered. Nothing worse in the room can also improve your mood and help you relax before bed.

Avoiding Nicotine and Alcohol

Nicotine and alcohol ultimately reduce your sleep quality and duration. Nicotine is a stimulant and alcohol consumption is not beneficial for health. Nicotine is a stimulant but does not improve alertness when taken regularly.

Reduce Noise

Noise can prevent you from falling asleep and cause sleep disruption. Try wearing pillows of or an earplugs. Use heavy curtains/blinds. Noise often you are attempting to sleep as they can be aware of the impact of their noise. Consider wearing earplugs or utilizing white noise with your sleep.

Food Before Bed

Avoid eating large meals four hours before bedtime. If you are hungry before bed, consider a light snack. Avoid foods that are heavy in carbohydrates, fats, spicy foods, dairy, or processed foods as they are more difficult to digest and/or may cause stomach pain.

PREPARE YOUR MIND & BODY

As bedtime approaches, strategies you can implement to promote sleep include creating a bedtime routine like a warm bath before bed or gentle and non-stimulant activities. Try reducing anxiety and stress immediately prior to bedtime.