HEALTHY SLEEP HABITS

Small Daily Choices. Better Sleep. Better Health.

AASM American Academy of SLEEP MEDICINE | AASM SLEEP EDUCATION

Why Sleep Habits Matter

Your behaviors during the day, and especially before bedtime, can have a major impact on your sleep. Healthy sleep habits, also known as sleep hygiene, can help you fall asleep faster, stay asleep longer, and improve your overall sleep health.

Struggling with Sleep?

Healthy sleep habits are an important part of cognitive behavioral therapy (CBT), the most effective long-term treatment for chronic insomnia.

14 HEALTHY SLEEP HABITS

1. **Keep a Consistent Sleep Schedule**
   Get up at the same time every day, even on weekends and vacations.
2. **Set a Bedtime**
   Choose a bedtime that allows for at least 7–8 hours of sleep.
3. **Go to Bed Only When Sleepy**
   Avoid going to bed before you feel sleepy.
4. **Can't Sleep? Get Out of Bed**
   If you haven't fallen asleep after about 20 minutes, do a quiet activity in low light and avoid electronics.
5. **Create a Relaxing Bedtime Routine**
   Develop calming habits before bed.
6. **Use Your Bed Only for Sleep**
   Reserve your bed for sleep and sex.
7. **Make Your Bedroom Comfortable**
   Keep it quiet, relaxing, and cool.
8. **Limit Bright Light in the Evening**
   Reduce exposure to bright light before bed.
9. **Turn Off Electronics Before Bed**
   Stop using electronic devices at least 30 minutes before bedtime.
10. **Avoid Large Meals Before Bed**
    If hungry, choose a light, healthy snack instead.
11. **Exercise Regularly**
    Maintain a healthy diet and stay physically active.
12. **Avoid Afternoon & Evening Caffeine**
    Limit caffeine later in the day.
13. **Avoid Alcohol Before Bed**
    Alcohol can interfere with healthy sleep.
14. **Reduce Fluid Intake Before Bedtime**
    Drink less close to bedtime to avoid nighttime awakenings.

When to Seek Help

If sleep difficulties persist despite practicing healthy sleep habits, talk with your health care provider or seek assistance from an AASM-accredited sleep center.

Find a Sleep Center Near You