



Identify the cause of your bad sleeping habits.

- Examples include:
 - Irregular bedtime, frequent naps,
 - Emotional Stress
 - Physical Illness
 - Diet and Exercise Habits

Try to sleep at the same time each night.

- Try to wake up at the same time each day
(You can go back to bed 10 mins afterwards.)
 - Helps form the habit of waking up at the same time.
- Don't vary your sleep time by more than two (2) hours.

Create a healthy routine.

- Create some downtime before you go to bed (no homework)

Create a healthy sleeping environment for yourself.

- Avoid eating large meals before bed.
- Try using white noise (fans, white noise app, rain sounds etc.)
- Separate your homework/study and sleeping spaces.
 - Avoid doing homework in bed
- If you're not tired, don't force yourself to lay in bed.
 - Try doing something relaxing until you're feeling tired (read a book, journal, meditate, etc.).

Avoid looking at your phone, TV, computer, and other electronics before you go to bed.

- Makes it difficult for your body to recognize when it's supposed to rest.
- Try drinking some warm milk; this has been proven to help you fall asleep.

If you can't sleep:

- Don't force yourself to fall asleep. Instead, try writing out your thoughts about what is keeping you up.

Recognize the quality of sleep you're getting and make adjustments as needed.

- Feeling good and well rested? Keep doing what you're doing!
- If you continue having a hard time establishing a solid sleep routine, try something new. For