

A GUIDE TO

Improve Your Sleep

Feeling tired? Grumpy? Low energy? Struggling to focus? These are common effects of not having enough sleep.

Sleep is important because it helps you grow & repair your body, regenerates your energy, boosts your mood, and helps your brain relax & learn better when you're awake.

On average, you should aim to sleep for 8-10 hours per night.

Below are some tips on how to improve your sleep:

1

Create: Sleep Schedule

A sleep schedule is like a daily plan for when you go to sleep and what time you should wake up. Create a sleep schedule that ensures you get at least 8 hours of sleep per night. For example sleep at 9pm and wake up at 7 am.

2

Try: Sleep Ritual

A sleep ritual is a set of activities you do every night before bed to help your body and mind get ready to sleep. For example: dim the lights, play calm music, meditation, journaling, mindfulness, read a book, put screens away, think happy thoughts or deep breathing.

3

Avoid:

Before sleeping you should avoid: loud noise, screens, bright lights, eating sugary food, overthinking, arguments, drinking too much water, long naps, caffeine, or stressful activities.

4

Keep: Bedtime routine

When you follow the same steps every night before bed—like brushing your teeth, reading, or listening to calm music—it trains your body to know when it's time to relax and sleep. This helps you fall asleep faster, stay asleep longer, and wake up feeling refreshed.

