

Tell us what you think!



# BUILDING BETTER SLEEP HABITS



Check out the evidence!



By building better sleep habits, you can make your sleep more consistent, leading to several benefits for your health and well-being. <sup>4, 5, 22, 25</sup>



## SIMPLE STRATEGIES TO HELP YOU SLEEP

If you are having trouble with sleep, try some of these evidence-based strategies below:



Practice [Yoga Nidra](#), a strategy that helps foster a sense of deep relaxation which can support sleep. <sup>2, 9, 10</sup>



Try to avoid computers or screens for at least 1 hour before bed.



Practice the [calming breath](#) strategy or [progressive muscle relaxation](#) to help calm your mind. <sup>12, 17, 23</sup>



Listen to a [Boring Bedtime Story](#) to help you fall asleep by facilitating mental relaxation.



Try using a weighted blanket...the extra weight creates a rich sensory experience! (easily available online)



Keep a sleep journal to track any changes in your sleep patterns and determine the conditions that help you get the best sleep! <sup>7, 19, 22</sup>



### WHY IS SLEEP SO IMPORTANT?

Research shows there are a variety of benefits that come from having a consistent sleep schedule.

#### YOU CAN...



Improve academic performance and support brain functioning (e.g., concentration, memory) <sup>3, 16, 27</sup>

↓ Reduce stress symptoms <sup>9, 16</sup>



Increase well-being and life satisfaction <sup>18, 27</sup>



Enhance your mood (e.g., waking more refreshed) <sup>9, 12, 18</sup>

### Check out some free sleep tracker apps:



[Calm: Sleep, Meditate, Relax](#)



[Sleep Better](#)



[Sleep Cycle](#)



Available for **iOS and Android**

# RESEARCH BASED LIFESTYLE TIPS TO IMPROVE SLEEP! <sup>1</sup>



Maintaining regular sleep hours <sup>13, 16</sup>



Not looking at screens in bed <sup>11, 14</sup>



Having a quiet and dark bedroom



Avoid drinking caffeinated beverages in the afternoon or evening <sup>8, 25</sup>



Exercising regularly, but not too closely to bedtime <sup>6, 15, 20, 21, 26</sup>



Avoiding naps during the day if possible <sup>27</sup>



Avoiding cigarettes, alcohol, and over-the-counter medications that impact sleep <sup>24</sup>



Having a consistent bedtime routine (shower, herbal tea, etc.) <sup>3, 16</sup>



**We know these aren't always easy to follow, but try to keep them in mind!**



Remember research shows everyone has their own sleep cycle, some are night owls and some are early birds.



Respect your own natural sleep cycle as much as possible!



## Don't try to change everything at once!

Start with a small improvement to your sleep habits, and then work your way to better sleep habits on a consistent basis.



It's okay if you can't practice all of the above sleep tips everyday.

**Find out what works best for you and stick to that.**

## IMPORTANT NOTE:



Everyone has a bad night or two, this is nothing to worry about. However, consistent sleep deprivation lasting multiple days or weeks could signal other health problems. Make sure to consult a medical professional if you are having persistent problems with sleep.

## CONTACT INFORMATION

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Contact us for more information at  
[emhr@mcgill.ca](mailto:emhr@mcgill.ca)

Dr. Nancy Heath  
Director of EMHR  
Faculty of Education



[nancy.heath@mcgill.ca](mailto:nancy.heath@mcgill.ca)