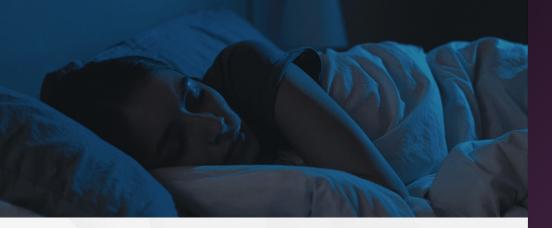






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EMPOWERED LIVING: SLEEP HYGIENE



What is sleep hygiene? Sleep hygiene is a term used to describe good sleep habits. Just as having good teeth hygiene keeps your teeth healthy, good sleep keeps your brain and body healthy.

8 KEYS TO GREAT SLEEP

CONSISTENCY

It is a good idea to go to sleep around the same time on weekends as weekdays. This regular rhythm will make you feel better and create a higher quality of sleep.

BEDROOM

Use the bedroom for quiet activities such as reading, singing bedtime songs and talking to each other.

If your child consumes caffeine, consider stopping four to six hours before bedtime. Caffeine is a stimulant and can interfere with your child's ability to fall asleep.

SLEEP RITUALS

Children love consistency. Develop your own family bedtime ritual. A few examples include reading bedtime stories, relaxation exercises or deep breathing practices.

BATH TIME

Having a warm bath one to two hours before bedtime can be useful in getting the body to feel sleepy. Research shows that sleepiness is associated with a drop in body temperature.

THE RIGHT PLACE

A cool, comfortable, dark and quiet room will help set the stage for a great night of sleep.

SUNLIGHT

Exposure to sunlight during the daytime can help with your child's natural circadian rhythm. Circadian rhythms help coordinate mental and physical systems throughout the body.

SEXERCISE

Being physically active can help your child fall asleep faster, improve sleep quality and duration, alleviate daytime sleepiness, reduce the need for sleep medications and help with weight management.