



the
**Chickasaw
Nation**
Department of Health

**SLEEP
HYGIENE**

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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

1 **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.

2 **BEDROOM**

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

3 **CAFFEINE**

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.

4 **SLEEP RITUALS**

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

5 **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.

6 **THE RIGHT PLACE**

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

7 **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.

8 **EXERCISE**

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.