

# Sleep Improvement Strategies



## Relaxation Techniques

- ✓ Deep Breathing: Focus on slow, deep breaths to calm your mind and body.
- ✓ Progressive Muscle Relaxation: Tense and then slowly relax each muscle group, starting from your toes up to your head.
- ✓ Meditation: Use guided meditation or mindfulness exercises to clear your mind.

## Healthy Sleep Environment

- ✓ Keep your bedroom cool, dark, and quiet.
- ✓ Invest in a comfortable mattress and pillows.
- ✓ Remove electronic devices that emit light or noise.

## Diet and Sleep

- ✓ Avoid caffeine and large meals before bedtime.
- ✓ Consider sleep-promoting foods like cherries, almonds, and warm milk.

## Exercise and Sleep

- ✓ Regular physical activity can improve sleep quality, but avoid vigorous exercise close to bedtime.
- ✓ Gentle exercises like yoga or stretching can be beneficial before bed.

## Stress Management

- ✓ Practice stress-reducing activities such as journaling, listening to calming music, or taking a warm bath.
- ✓ Use time management techniques to reduce daily stress.