

# Arkansas Relationship Counseling Center (ARCC)

## Sleep Hygiene Tips for Better Rest

Healthy sleep supports mood, focus, stress management, and overall well-being.

- Keep a consistent sleep schedule — go to bed and wake up at the same time daily.
- Create a relaxing bedtime routine such as reading, stretching, or deep breathing.
- Limit screen time at least one hour before bed.
- Avoid caffeine, nicotine, heavy meals, and alcohol in the evening.
- Use your bed only for sleep to strengthen the brain's sleep association.
- Keep your bedroom cool, dark, quiet, and comfortable.
- Exercise regularly, but avoid intense workouts close to bedtime.
- Get natural sunlight during the day to regulate your internal clock.
- Manage stress earlier in the evening — journal or practice relaxation techniques.
- If unable to sleep after 20 minutes, get up and do a calming activity before returning to bed.

Seek professional help if sleep problems persist longer than 2–3 weeks or interfere with daily functioning.