

# SLEEP HYGIENE TIPS



- Install a blue light filter on all screens you might use in the evening, especially phones.
- Blue light from screens like phones,, tvs and laptops reduced melatonin production making it harder to fall asleep
- F.luxe is great for computers! Try blue light glasses if you can't install a filter.



- Eliminate social media scrolling, tiktok, games, and other inherently social or stressful phone tasks by 8 p.m.
- If you must use your phone or computer, stick to watching calming shows, ASMR, or guided meditations



- Past 8 pm work on a hobby, read a book, or spend time with loved ones
- Take a walk after dinner but avoid working out past 6 p.m.
- Dim the lighting in your home about 8 p.m. to help produce more melatonin



- In bed by 10 p.m. and lights out by 11 p.m. every night
- Use room darkening curtains and avoid any lights on in the room
- Develop a consistent routine an hour before bed each night (i.e. take supplements. Wash face, read a book, take a bath, etc) and stick to it!