Sleep Hygiene

- Sleep hygiene is all about developing good habits to make sure you get the best possible sleep.

- Sleep is super important for having a healthy body and mind. We can ensure we get enough quality sleep by having good sleep hygiene. The following can help:
  - **Stick to a Sleep Time:** Try to go to bed and wake up at the same time every day. It helps your body know when it's time to rest.
  - **Relax Before Bed:** Do something calming before bedtime.
  - **Make Your Room Cosy:** Keep your room nice and dark, not too hot or cold.
  - **No Screens Before Bed:** Try to avoid screens for an hour or two before bedtime.
  - **Watch What You Eat and Drink:** Avoid big meals or sugary drinks close to bedtime.
  - **Move Around:** It's important to be active and exercise during the day! But try not to be too active right before bed.
  - **Chill Out:** If you feel a bit stressed, try taking a few deep breaths. It can help your mind feel calm and ready for sleep.

- Following a good sleep routine is really important for a healthy body and mind.