

5 TIPS FOR BETTER SLEEP



ROUTINE



Go to bed at the same time every night and create a bedtime routine. For example: take a hot shower, brush teeth, pjs, low lighting, engage in a relaxing activity (ie: colouring, reading, drawing, listen to calming music, etc)

LIMIT NAP TIME



Napping during the day can have a huge impact on the sleep we get at night... If you feel you need a nap, limit it to no more than 30-60 mins and not too close to bedtime. Sometimes we need a boost but we don't want it to interfere with a good night's sleep.

FOOD/ DRINK



Avoid caffeine, energy drinks, pop, or sugar before bed, these food/drinks will disrupt sleep patterns and may interfere with your energy level. Choose water instead!

SCREEN TIME



Turn off, or put screens on "night mode". Screens/devices should be turned off at least an hour before bed. Avoid the blue light that screens give off as this stimulates the brain and may keep you up. Keep technology out of the bedroom, it's hard to resist the urge when it's there.

EXERCISE



You don't need to be a workout pro to get a little exercise each day, find something physical to do each day (walk, run, get outdoors, etc). Go at your own pace, but get up and move your body.



OTTAWA-CARLETON
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