



# Tired of Being Tired? Sleep Hygiene Can Help



How do you feel when you don't get a good night's rest? Do you struggle to get through the day? When we get a poor night's sleep, we often feel tired, struggle to concentrate, and limit our movement. If this cycle of poor sleep continues, it can start to impact our daily tasks.

The **Canadian 24-Hour Movement Guidelines for Adults and Older Adults** recommends 7 to 9 hours of good quality sleep on a regular basis for those aged 18-64 and 7 to 8 hours for those 65+. Why does this apply to you? According to research, sleep can impact both your mental and physical wellbeing. In fact, a good workout can lead to better sleep, and better sleep can lead to a good workout.



**Set yourself up for good quality sleep on a regular basis with these sleep hygiene tips.**



Have consistent bed and wake-up times



Limit screen time before bed and remove screens from the bedroom



Create a conducive sleep environment - your bedroom should be dark, quiet, comfortable and cool



Avoid caffeine and alcohol late in the day



Develop a relaxing screen-free bedtime routine such as reading, stretching or journaling



Include regular physical activity throughout the day - the more physical activity you get, the better (and longer) you'll sleep



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**Try adding more of these fun (and easy to do) activities throughout your day:**



Walking, wheeling or snowshoeing with friends



Parking further away



Gardening, raking leaves or shoveling



Daily household chores



Taking the stairs



Berry picking, fishing or hunting



Getting off public transport a few stops earlier



Playing with children/grandchildren



Try a new activity (pickleball, dancing, skating or ultimate frisbee)