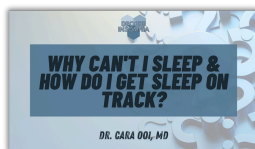




Healthy Sleep Tips

Before applying these tips, watch the [DECODE Video Series](#) and set up a Cozy Nook, a Sleep Kit, and helpful light cues.



If you don't see progress or find it hard to stick to these tips, you may need a different approach and more support. If you live in Ontario, speak to your doctor about a referral to the DECODE Insomnia Clinic for OHIP-covered consultation and chronic insomnia treatment. Visit www.decodeinsomnia.com to learn more.

TIME SLEEP PROPERLY

Time sleep based on when you have enough sleep drive (*Have I been awake for at least 14 hours? Did a nap deplete my sleep drive? Was I physically activity enough?*) AND it is the right time based on the current timing of your body clock (*Am I currently in the forbidden zone?*)

LIMIT TIME AWAKE IN BED

Get into your bed only when 'on the edge' of sleep. When unable to sleep, use the [Cozy Nook](#), and use your [Sleep Kit](#). Aim for no more than 60 min/day awake in your bed for any reason. Reserve your bed for sleep only.

LIMIT DAYTIME SLEEP

Keep your wake-up time as consistent as possible. Avoid naps. Avoid low-stimulating environments at high risk times for naps. If you must nap, limit the duration and nap earlier in the day.

OBTAIN HELPFUL LIGHT CUES

Reduce light as much as possible overnight and in the evening starting in the 3-5 hours before bedtime overnight.
Obtain bright light in the morning after waking.

PLAN FOR TRICKY MOMENTS

Below the video series, find resources to help you [set up a bedtime routine](#), [wake-up more easily](#), [manage fatigue](#), and [address a busy mind](#). Schedule fun activities with others to help you wake up on time and avoid naps.

OTHER

Avoid caffeine after noon.
Reduce or avoid food/drink intake a few hours before bedtime (if appropriate).
Avoid nicotine, alcohol, and cannabis.
Optimize the sleep environment by addressing noise, temperature and comfort.
Increase in physical activity.