



*the*  
**Chickasaw**  
*Nation*  
Department of Health

**SLEEP  
HYGIENE**

*the*  
**Chickasaw**  
*Nation*  
Department of Health

ChickasawNationHealth.net | (580) 436-3980



**EMPOWERED LIVING:  
SLEEP HYGIENE**



What is sleep hygiene? Sleep hygiene is a term used to describe good sleep habits. Just as having good teeth hygiene keeps your teeth healthy, good sleep keeps your brain and body healthy.

## 8 KEYS TO GREAT SLEEP

### 1 CONSISTENCY

It is a good idea to go to sleep around the same time on weekends as weekdays. This regular rhythm will make you feel better and create a higher quality of sleep.

### 2 BEDROOM

Use the bedroom for quiet activities such as reading, singing bedtime songs and talking to each other.

### 3 CAFFEINE

If your child consumes caffeine, consider stopping four to six hours before bedtime. Caffeine is a stimulant and can interfere with your child's ability to fall asleep.

### 4 SLEEP RITUALS

Children love consistency. Develop your own family bedtime ritual. A few examples include reading bedtime stories, relaxation exercises or deep breathing practices.

### 5 BATH TIME

Having a warm bath one to two hours before bedtime can be useful in getting the body to feel sleepy. Research shows that sleepiness is associated with a drop in body temperature.

### 6 THE RIGHT PLACE

A cool, comfortable, dark and quiet room will help set the stage for a great night of sleep.

### 7 SUNLIGHT

Exposure to sunlight during the daytime can help with your child's natural circadian rhythm. Circadian rhythms help coordinate mental and physical systems throughout the body.

### 8 EXERCISE

Being physically active can help your child fall asleep faster, improve sleep quality and duration, alleviate daytime sleepiness, reduce the need for sleep medications and help with weight management.