



# Sleep

The amount and quality of your sleep has a big influence on your energy level, your ability to concentrate, your mood, your morale, and your general wellbeing. These tips will help you sleep well.

- Your bedroom is a **quiet** place where you don't hear much noise.
- Your bedroom is **cool** (18 °C to 20 °C).
- You feel **comfortable** and safe in your room.
- You have good **sleep hygiene**: the time you go to bed and when you wake up don't vary much from day to day.
- You should **always maintain a routine** before going to bed (e.g., take a shower, brush your teeth, play soft music, etc.) so that your body recognizes the signs that it will soon be time to go to sleep.
- A **good lifestyle** helps sleep (e.g., eating well-balanced meals at regular times, participating in physical and outdoor activities, etc.)





- The sleep hormone released by your brain needs **darkness**, so limit light sources in your bedroom. As soon as you wake up, let light in to help your **sleep cycle become** more regular.
- Avoid using **screens** in the hour before going to bed. Screens produce light and stimulate your brain, which makes it difficult to fall asleep.
- The **notifications** that you get on your devices can upset you and interfere with your sleep because they produce noise and light. Try to put your devices away for the night outside your room, or put them facedown on your dresser. You can also put them on silent mode so that you don't hear the sound.
- In the hour before bedtime, choose quiet activities to **free you from thoughts** that worry you. For example, you can draw, keep a diary, chat with someone, etc.
- You should get around **8 to 10 hours sleep a night** to function well and develop healthily.



#### Reference:

[chusj.org](http://chusj.org) Adapted by the CISSS des Laurentides Public Health Department.

