

## Building a good and balanced daily routine

- Developing a healthy daily routine is important to ensure that you are meaningfully engaged both physically and mentally in the day.
- A balanced routine includes participating in self-care and leisure activities to promote health and well-being.

## Possible relaxation strategies for your daily routine



Praying/  
Meditating



Deep breathing  
exercises



Guided  
imagery



Listening to  
music



Stretching



Journaling

### Clinics 4A

TTSH Medical Centre, Level 4

#### Contact:

6256 6011 (General Enquiries)



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## Sleep Hygiene



## What is Sleep Hygiene?

Sleep Hygiene is a variety of good habits that are important in improving one's sleep. Consistency is the key, and time is required for it to take effect.

### Recommended Daytime Habits

#### Nap early – or not at all

- If needed, take a 20 to 30 minute nap before 3pm in the afternoon
- Naps should be ideally taken 7-9 hours before bedtime

#### Limit consumption of caffeine, alcohol and nicotine

- Avoid caffeine (e.g. coffee, tea, chocolate, cola) at least 7 hours before bedtime, as these stimulants can keep you awake at night
- Avoid alcohol 7 hours before bedtime, as it disrupts sleep.

#### Start you day with at least 30 minutes of bright light exposure

- Take a walk outdoors, or have breakfast by the window with bright sunlight or in a well-lit room.
- This helps to increase your level of alertness during the day and helps you fall asleep more easily at night.

#### Exercise regularly

- Avoid strenuous exercise at least 4 hours before bedtime as it may cause your body and mind to become alert and overactive.

### Recommended Bedtime Habits



#### Keep to a consistent sleep-wake schedule

- Going to bed and waking up at the same time daily helps to maintain the body's "internal clock". This also applies to weekends.



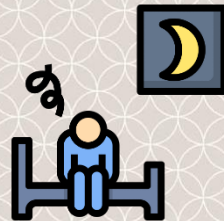
#### Establish a relaxing wind-down routine for bed

- Take a warm bath, listen to soothing music, or read a physical book



#### Engage in calming activities if you are having difficulty falling asleep

- If you are not asleep after 20 minutes, get out of bed and engage in a calming activity like reading or listening to music/podcast preferably outside of your bedroom (if possible)
- Return to bed only when you feel sleepy. This also applies if you wake up in the middle of the night and have difficulty falling back to sleep.



### Recommended Bedtime Habits



#### Avoid clock-watching at night

- Worrying about sleep increases stress and makes it harder to fall asleep
- Place your clock out of sight



#### Turn your bedroom into a sleep-inducing environment

- Keep it quiet, dark, and cool
- Limit blue light exposure by avoiding screentime on your device 1 hour before bedtime.
- Limit bedroom activities to sleep and intimacy only. This helps your mind associate your bed with sleep.



#### Avoid large meals or excessive water intake before your bedtime.

- Avoid spicy and sugary food before bed
- A full stomach or bladder makes it difficult to fall asleep