

The Better Sleep Guide

7 Science-Backed Habits for Better Sleep

Better Nights. Better Days.

Welcome

A better night's sleep doesn't usually come from one dramatic change. It comes from small, consistent habits that support your body's natural sleep rhythm. This guide will help you build those habits.

Habit 1 – Keep a Consistent Schedule

Go to bed and wake up at approximately the same time every day. Consistency helps regulate your internal body clock.

Habit 2 – Reduce Screen Time

Try putting your phone away 30-60 minutes before bed. Replace scrolling with reading, stretching or quiet music.

Habit 3 – Watch Evening Caffeine

If caffeine affects you, avoid coffee, energy drinks and certain teas later in the day.

Habit 4 – Build a Bedtime Routine

Repeat calming activities every evening so your brain begins to associate them with sleep.

Habit 5 – Optimize Your Bedroom

Keep your room cool, quiet and dark whenever possible. Comfortable bedding also matters.

Habit 6 – Don't Force Sleep

If you're awake for a while, get up and do something relaxing in dim light before returning to bed.

Habit 7 – Progress Over Perfection

Choose one new habit each week. Small improvements often become lasting routines.

Your 7-Day Sleep Challenge

☐ Go to bed at the same time each night
☐ Avoid screens before bedtime
☐ Limit caffeine later in the day
☐ Create a relaxing evening routine
☐ Keep your bedroom cool and dark
☐ Write down how you slept each morning
☐ Celebrate your progress

Follow Better Sleep Guide

Practical tips. Healthy routines. Better nights.

This guide is intended for educational purposes only and is not medical advice. Consult a qualified healthcare professional for persistent sleep concerns.