

Mayo Clinic Minute

Do you practice good sleep hygiene?

Video	Audio
Woman washing her face/brushing her teeth (shot at Ian's house/Christine)	After your nightly rituals of washing your face, brushing your teeth, you head to bed. Healthy habits indeed.
	But, do you also practice good sleep hygiene? Dr. Lois Krahn, a sleep disorder specialist at Mayo Clinic explains.
Lois Krahn, M.D. Sleep disorder center Mayo Clinic	"Sleep hygiene, it's really talking about sleep lifestyle. What lifestyle choices can a person make that their sleep is as good as it could be?"
	Dr. Krahn says you can improve your sleep hygiene by avoiding caffeine and heavy meals before bed.
	She says to try to go to sleep about the same time every night, so your body gets used to a routine.
	Finally, minimize your exposure to light before bed. That includes the glow coming off your favorite technology. Turn off media 30 minutes to an hour before bed, and skip the social media update when you settle in.
	Then, make your room as dark and quiet as possible to help you fall asleep and stay asleep.
	Dr. Krahn says sleep hygiene is ...
	"...it's an odd term, but it really is just meant to talk about what a person can control that improves the quality of their sleep."
	For the Mayo Clinic News Network, I'm Jason Howland.