

Sleep Hygiene- what is it and why is it important?



Get your Zzzz's! While sleep is an essential part of our daily routine, it's often deprioritized in the list of "important things to do." According to the Government of Canada, one in five adults doesn't get enough sleep each night. Getting quality sleep is critical to our physical health and mental wellbeing. Getting good sleep is also closely linked to longevity and one's overall quality of life. In addition, poor sleep is associated with many chronic illnesses. Your current behaviors may be impacting your sleep and proper sleep hygiene can play a major role in better, longer, and more restful slumber.

Sleep hygiene is about building healthy habits to help you get a good night's sleep. Focusing on these healthy habits is one of the easiest ways to increase your chances for a successful night of sleep. Various choices throughout the day and prior to going to bed can impact the quality of sleep you get. Follow these eight easy steps to create good sleep hygiene and wake up feeling well-rested.

1. **Set your sleep schedule.** Set a consistent bedtime and a regular wake time every day, even on weekends and during vacations.
2. **Limit naps.** If you do nap, keep them no longer than 20 minutes.

3. **Establish a relaxing bedtime routine.** Allow time to wind down. Read or meditate.
4. **Make your bedroom quiet and relaxing.** Keep the room at a comfortable, cool temperature.
5. **Turn off electronic devices** at least 60 minutes before bedtime.
6. **Maintain a healthy diet** and exercise regularly.
7. **Avoid consuming caffeine and alcohol** at least 4 hours before bed.
8. **Avoid consuming sweet snack** near your scheduled bedtime.

Try adding or modifying some of these healthy habits to your routine and catching some quality sleep. Remember, a great day begins the night before with a good night's sleep.

Sources:

<https://casper.com/blog/ca/en/what-is-sleep-hygiene/>
<https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-adults-getting-enough-sleep-infographic.html>

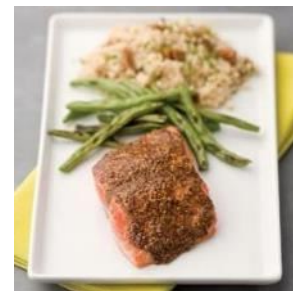
Smoky Maple-Mustard Salmon

Ingredients

- 3 tablespoons whole-grain or Dijon mustard
- 1 tablespoon pure maple syrup
- ¼ teaspoon smoked paprika or ground chipotle pepper
- ¼ teaspoon freshly ground pepper
- ½ teaspoon salt
- 4 4-ounce skinless center-cut wild-caught salmon fillets

Instructions

1. Preheat oven to 450 degrees F. Line a baking sheet with foil and coat with cooking spray.
2. Combine mustard, maple syrup, paprika (or chipotle), pepper and salt in a small bowl. Place salmon fillets on the prepared baking sheet. Spread the mustard mixture evenly on the salmon. Roast until just cooked through, 8 to 12 minutes.
3. Serve with roasted green beans and whole-wheat couscous tossed with pecans and chives.



Source: <https://www.eatingwell.com/recipe/250344/smoky-maple-mustard-salmon/>

Check out the smartphone apps!

For those who love data, the [Sleep Cycle](#) is a popular app that can track and interpret your sleep data every night, as well as wake you up during your lightest sleep phase in the morning.

If you are having trouble relaxing into a restful sleep, then [Relax Melodies](#) may be the app for you.