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## What is Sleep Hygiene?

Sleep hygiene is the term used to describe good sleep habits. Each person has a different sleep schedule, and each person has different sleep needs. Good sleep hygiene is the practice of developing good sleep habits that help you get the most out of your sleep.

There are several things that can affect your sleep, such as stress, anxiety, and depression. These things can lead to sleep problems, and it's important to talk to your doctor if you're having trouble sleeping. There are also several things you can do to improve your sleep hygiene, such as creating a bedtime routine, avoiding caffeine and alcohol, and getting regular exercise.

### 1) either serve Sleep Hygiene Tips

- 1) **Get regular.** On the best thing you can do for your sleep is to get a regular sleep schedule. Try to go to bed and wake up at the same time every day, even on weekends. This will help your body get used to a regular sleep schedule.