

Sleep Hygiene

Body & health

The changes with the strongest evidence behind them, in order.

Ordered roughly by how much difference each makes.

Strongest effect

Same wake time every day, weekends included

Morning daylight within an hour of waking

No caffeine after early afternoon

Bed only for sleep

Also helps

Cool, dark, quiet room — around 18°C

Wind-down routine, 30–60 minutes

No alcohol close to bedtime

Regular exercise, not late at night

If you cannot sleep

Get up after ~20 minutes

Do something dull in dim light

Return only when sleepy

Do not check the clock

Alcohol shortens the time to fall asleep and then suppresses REM. It reliably makes sleep quality worse.