Sleep hygiene card

8 habits backed by research

- [ ] Get up at the same time every day
- [ ] Morning daylight for 15–30 min
- [ ] Last coffee at least 8–9 hours before bed
- [ ] No alcohol in the evening
- [ ] Screens away 30–60 min before bed
- [ ] Bedroom dark, quiet and cool
- [ ] Move during the day
- [ ] Bed only for sleep

> Adults need at least 7 hours of sleep.