

Rest Easy: Practical Tips to Support Sleep



Quality sleep is one of the most reliable anchors for emotional steadiness — especially when life feels unpredictable. Stress, constant information flow, and disrupted routines can all interfere with rest, but small, intentional habits can help your mind and body settle. Here are simple, evidence-informed practices to support more restorative sleep.

Daytime Habits That Set You Up for Rest

- **Start with sunlight.** Getting natural light early in the day helps regulate your internal clock and reinforces your body’s “wake” signals.
- **Keep naps short and early.** If you nap, aim for 20–30 minutes and avoid late-day rest that can push your bedtime later.
- **Build in calm moments.** Short breathing exercises, stretching, or meditation breaks can help lower stress levels long before bedtime.
- **Reduce screen time before bed.** Powering down devices at least an hour before sleep helps limit blue-light exposure that can interfere with melatonin.

Evening Routines That Encourage Relaxation

- **Follow a relaxing nightly routine.** Schedule at least 30 minutes to transition from “doing” to “resting.” Reading, gentle movement, or a warm shower can help your body shift gears.
- **Limit stressful content.** News and social media can activate worry right when your mind needs to settle. Try setting a “digital cutoff” time.
- **Create a peaceful sanctuary.** Keep outside noise and distractions to a minimum by making your bedroom quiet, cool and as dark possible.

Nighttime Strategies for Better Sleep

- **Keep a consistent schedule.** Going to bed and waking up at the same time – even on weekends – strengthens your natural rhythm.
- **Remember: Waking up briefly is normal.** Many people underestimate how much they actually sleep because of short awakenings during the night. These moments don’t necessarily mean poor rest.
- **If you can’t sleep, don’t fight it.** Instead of clock-watching, try deep breathing, progressive muscle relaxation, or a quiet, non-stimulating activity, like reading, until your body feels ready to return to sleep.



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American Academy of Sleep Medicine: [Importance of Sleep](#)

Harvard Medical School Division of Sleep Medicine: [Sleep and Mood](#)