

# Your Personalized Sleep Hygiene Plan

Brain Studies

SBC161

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## Background

Sleep is a vital component of overall health and well-being, as highlighted by numerous scientific studies. Research indicates that adequate sleep is essential for cognitive function, emotional regulation, and physical health. It plays a crucial role in memory consolidation, learning, and decision-making. Furthermore, quality sleep supports the immune system, reduces stress, and enhances mood. By understanding the importance of sleep, we can take proactive steps to improve our sleep, consequently, our quality of life.

**Sleep hygiene** refers to a set of practices and habits that are conducive to sleeping well on a regular basis. These practices include maintaining a consistent sleep schedule, creating a restful sleep environment, and engaging in relaxing pre-sleep activities. Good sleep hygiene helps improve both the quality and duration of sleep, leading to better overall health and well-being.

## Assignment Directions

To create a personalized sleep hygiene plan, you will use the assigned readings to support your ideas. Your plan should aim to improve both the duration and quality of your sleep.

1. Review the assigned readings on sleep.
2. Identify key strategies that can enhance your sleep.
3. Create your personalized sleep hygiene plan by:
  - (a) Listing at least five strategies you will implement.
  - (b) Explaining how each strategy will help improve your sleep.
4. Reflect on the following questions:

What challenges might you face in following your plan?

How will you measure the success of your sleep hygiene plan?

## Formatting

Your sleep hygiene plan should be typed with clearly defined headings for each of the five strategies that you discuss. Be sure to cite your sources using one of the methods you have learned.