



**MCA**  
DETROIT

• HEALTH AND SAFETY DIVISION •

(313) 341-7661, ext. 204  
safety@mcadetroit.org  
www.mcadetroit.org/safety



Mechanical Contractors Association of Detroit

36200 Schoolcraft Rd. • Livonia, MI 48150

## Healthy Sleep Habits

Good sleep hygiene is essential for achieving quality rest, which supports physical health, mental clarity, and emotional well-being. Here are tips to improve your sleep hygiene and establish a routine for restorative sleep:

### 1. Establish a Consistent Sleep Schedule

- **Set regular hours:** Go to bed and wake up at the same time every day, even on weekends.
- **Avoid oversleeping:** Stick to your routine to regulate your body's internal clock.
- **Adjust gradually:** If changing your sleep schedule, shift it by 15–30 minutes per day.

### 2. Create a Relaxing Bedtime Routine

- **Wind down:** Engage in calming activities like reading, light stretching, or meditation.
- **Limit screen time:** Avoid devices with blue light (phones, tablets, TVs) at least an hour before bed.
- **Practice relaxation techniques:** Deep breathing, progressive muscle relaxation, or mindfulness can help.

### 3. Optimize Your Sleep Environment

- **Keep it dark:** Use blackout curtains or an eye mask to block out light.
- **Maintain a comfortable temperature:** Keep your bedroom cool, ideally between 60–67°F (15–19°C).
- **Reduce noise:** Use earplugs, a fan, or a white noise machine if your environment is noisy.
- **Choose comfortable bedding:** Invest in a supportive mattress and pillows that suit your sleep style.

### 4. Limit Stimulating Substances

- **Avoid caffeine and nicotine:** Refrain from consuming these stimulants in the late afternoon or evening.
- **Limit alcohol:** While it may make you drowsy, alcohol can disrupt deep sleep stages.
- **Be mindful of large meals:** Avoid heavy, spicy, or acidic foods close to bedtime.

## 5. Get Regular Physical Activity

- **Exercise daily:** Regular movement promotes better sleep, but avoid intense workouts close to bedtime.
- **Incorporate calming activities:** Practices like yoga or tai chi can help prepare your body for rest.

## 6. Use Your Bed for Sleep Only

- **Avoid other activities:** Don't work, watch TV, or scroll through your phone in bed.
- **Strengthen the sleep association:** Reserve your bed exclusively for sleep and intimacy.

## 7. Manage Stress and Anxiety

- **Journal before bed:** Write down worries or a to-do list to clear your mind.
- **Practice gratitude:** Reflect on positive moments from your day.
- **Seek professional help:** If stress or anxiety persistently disrupts sleep, consider talking to a therapist.

## 8. Limit Daytime Naps

- **Keep naps short:** Limit to 20–30 minutes to avoid interfering with nighttime sleep.
- **Nap early:** Avoid napping late in the day.

## 9. Expose Yourself to Natural Light

- **Get sunlight in the morning:** Bright light exposure helps regulate your circadian rhythm.
- **Dim lights in the evening:** Use softer lighting as bedtime approaches to signal your body to wind down.

## 10. Monitor Your Sleep Patterns

- **Track your sleep:** Use a journal or app to identify habits affecting your rest.
- **Notice patterns:** Look for connections between daily activities and sleep quality.

## 11. Address Persistent Sleep Issues

- **Consult a professional:** If you experience chronic sleep problems, such as insomnia or sleep apnea, seek medical advice.

- **Use sleep aids cautiously:** Only use supplements or medications under the guidance of a healthcare provider.