



SLEEP AND SLEEP HYGIENE: EVERYDAY TIPS FOR BETTER REST

Why is sleep so important?

Good sleep is essential for your physical health, mood, memory, and energy – yet many people struggle to get enough of it.

What is sleep hygiene?

Sleep hygiene refers to the daily habits and routines that support better sleep, and simple lifestyle changes can make a real difference. It's also normal for sleep to change as we age, with more time needed to fall asleep or more nighttime awakenings. Rather than aiming for a "perfect" 8 hours, focusing on sleep quality and healthy routines is often more helpful.

Everyday strategies for better sleep



Keep a consistent schedule: Go to bed and wake up at roughly the same time every day, even on weekends. This helps train your body's internal clock which makes it easier to fall asleep and wake up refreshed.



Create a calming bedtime routine: Spend 30–60 minutes before bed doing relaxing activities like reading, stretching, or gentle breathing. Doing the same routine signals to your body that it's time to wind down.



Get natural light and move during the day: Morning light exposure and regular daytime activity can help regulate your sleep-wake cycle and improves nighttime sleep quality.



Limit caffeine and heavy meals late in the day: Caffeine and large/heavy meals later in the day can interfere with falling sleep. Try to limit caffeine in the afternoon/evening and keep late night meals light.



Make your bedroom sleep friendly: A cool, dark, and quiet bedroom helps your brain associate your bed with sleep. Comfortable bedding, reduced noise, and minimal light can all support better rest.



Mind your naps: Short naps earlier in the day can be refreshing and help boost energy, but long or late-day naps may make it harder to fall asleep at bedtime and stay asleep.

HOW OUR PHARMACY CAN HELP

Good sleep looks different for everyone. Our pharmacy team can help you:

- Review your medications to see if any may be affecting your sleep.
- Recommend appropriate over-the-counter sleep products, when suitable.
- Share practical sleep hygiene and lifestyle tips.
- Help you decide when it may be helpful to speak with a prescriber about other prescription sleep options.
- Recommend trusted online resources like mysleepwell.ca for evidence based sleep education and tips.

If you're struggling with sleep, stop by and chat with us to help you find a plan that works for you!

For more info, visit
us at:
10-1321 Dawson Rd,
Lorette, MB



Brought to you by your local
Pharmacy Student,
Allanah Climaco



lorettepharmaciédufresne.ca



pharmaciédufresne@pharmachoice.ca



(204) 878-4122