



Building Healthy Sleep Habits

A Practical, Research-Backed Guide

Small changes to your routine that compound fast

7+ hrs

Recommended nightly sleep for adults — a floor, not a badge of honor to beat.

Source: CDC

1 in 3

U.S. adults don't get enough sleep on a regular basis — you're not alone.

Source: CDC

How Your Sleep System Works

Your circadian rhythm is an internal clock, mainly set by light exposure, that tells your body when to wind down and when to feel alert. Consistency — same sleep and wake time daily — regulates that clock more powerfully than chasing hours alone.

Habits to Try Tonight

1 Anchor Your Wake Time

Same wake-up time every day, including weekends — the strongest lever for your whole internal clock.

Start here, before anything else.

2 Get Morning Light

10–15 minutes of natural light soon after waking sets your circadian clock and improves sleep onset that night.

Best for: grogginess and slow starts.

3 Set a Caffeine Cutoff

Stop caffeine by early-to-mid afternoon — it can affect sleep depth long after it feels "worn off."

Best for: light or restless sleep.

4 Build a Wind-Down Window

30–60 minutes of dimmer light and lower stimulation before bed signals to your body that sleep is coming.

Best for: a racing mind at bedtime.

Also worth trying: Protect the bed for sleep only (no work or scrolling) • Not asleep in ~20 min? Get up briefly instead of lying there frustrated.

When It's More Than Habits

If you consistently can't fall or stay asleep despite good habits, or feel excessively sleepy during the day, talk to a doctor — insomnia and sleep apnea are treatable.

Progress Looks Like Better Mornings

Pick just one habit to start tonight — anchoring your wake time is the highest-leverage place to begin. Small, consistent changes compound faster than a full overhaul.

Recommended: 7+ hours nightly, same wake time every day (CDC).

This guide is educational and not a substitute for professional medical advice.