



The foundation of recovery

SLEEP HYGIENE

Sleep rebuilds the body and the nervous system, and good sleep supports emotional stability and resilience against cravings. A few simple habits genuinely improve its quality.

During the day

- ✓ get up and go to bed at regular times
- ✓ catch some daylight in the morning
- ✓ stay active, but not right before bed
- ✓ limit caffeine after the early afternoon
- ✓ avoid long naps

In the evening

- ✓ put screens away an hour before bed
- ✓ dim the lights, quiet the stimulation
- ✓ keep a ritual: breathing, a warm shower, reading
- ✓ keep the bedroom cool, dark and quiet
- ✓ if you can't fall asleep for about 20 minutes, get up and do something calm

My evening ritual for good sleep

Simple steps I'll take each evening to wind down.



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