



# Tips for Better Sleep

## Keep a Schedule

Go to sleep and wake up at the same time every day, even on weekends. This helps set your body's internal clock.

## Create a Sleep-Friendly Space

Your bedroom should be cool, dark and quiet. Keep the temperature of your bedroom between 60-75°F, use dark curtains or a sleep mask to cover your eyes, and use a sound machine or a fan pointed away from you for white noise.

## Start a Routine

About an hour before going to sleep, take time to relax, and ease into feeling sleepy. Try meditating, taking a warm bath, listening to relaxing music, or drinking chamomile tea.

## Manage Busy Thoughts

If you aren't able to sleep because of thoughts or ideas running through your head, create a to-do list or write in a journal before going to bed. Also, keep a notepad by your bedside in case you think of something while you are in bed.

## Avoid Stimulants After Dinner

Caffeine is a stimulant found in coffee, tea, soda, chocolate, and some pain relievers. Avoid caffeine after lunch or dinner, depending on your sensitivity to it.

## Exercise Early

Exercise can give you energy for your busy day. Try to exercise in the morning, or at least three hours before bedtime. Regular exercise can also help you fall asleep faster and sleep more soundly.

## Eat Light at Night

Avoid eating heavy meals or spicy foods two hours before bedtime. Both can cause heartburn or make you feel uncomfortable while you are lying down.

## Avoid Alcohol

While alcohol may make you feel tired at first, after a few hours it acts as a stimulant, increasing the number of times you wake up at night and decreasing the quality of your sleep. If you drink, have your last drink two to three hours before bed.

## Reduce Liquids

Try to limit the amount of fluids you drink close to bedtime to prevent waking up in the middle of the night to use the bathroom.

## Minimize Bedroom Use

Keep computers, televisions and work-related items out of your bedroom. This will strengthen the association between your bedroom and sleep.



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