

Tips for Better Sleep



- Have a sleep schedule
- Create a quiet, dark, and calming sleep environment
- Relax before bed – take a hot bath, read, listen to soothing music
- Exercise regularly
- Practice relaxation techniques
- Do not take naps after 3 p.m.
- Get out in the sun for 30 minutes/day
- Don't lie in bed awake
- Remove TV's, computers, and other gadgets from the bedroom
- Try side sleeping
- Avoid caffeine and nicotine 3-4 hours before bed
- Avoid alcoholic drinks before bed
- Avoid large meals and beverages 2-3 hours before bedtime
- If possible, avoid medicines & herbal remedies that delay or disrupt your sleep