

Sleep Tips[®] from the National Sleep Foundation



- 1.** Maintain a regular bed and wake time schedule including weekends.
- 2.** Establish a regular, relaxing bedtime routine such as soaking in a hot bath or hot tub and then reading a book or listening to soothing music.
- 3.** Create a sleep-conducive environment that is dark, quiet, comfortable and cool.
- 4.** Sleep on a comfortable mattress and pillows.
- 5.** Use your bedroom only for sleep and sex. It is best to take work materials, computers and televisions out of the sleeping environment.
- 6.** Finish eating at least 2-3 hours before your regular bedtime.
- 7.** Exercise regularly. It is best to complete your workout at least a few hours before bedtime.
- 8.** Avoid nicotine (e.g. cigarettes, tobacco products). Used close to bedtime, it can lead to poor sleep.
- 9.** Avoid caffeine (e.g. coffee, tea, soft drinks, chocolate) close to bedtime. It can keep you awake.
- 10.** Avoid alcohol close to bedtime. It can lead to disrupted sleep later in the night.