



TIPS FOR A GOOD NIGHT'S SLEEP



SCHEDULE

Sticking to a schedule for bed time and waking time helps your body get into a rhythm.

Naps can be a good recharger, but keep them short and only in the early afternoon.

If you don't fall asleep after 20 minutes, get out of bed. Go do a quiet activity without a lot of light exposure. It is especially important to not get on electronics. Try again when you're feeling sleepy.

Plan 30 minutes for your wind-down routine



DAILY HABITS

Daytime habits will also affect your readiness for sleep at bed time.

See the sun: Exposure to sunlight is a key driver of day/night rhythms.

Activity: Exercise can help you sleep at night.

Do not smoke and reduce alcohol, especially later in the evening.

Cut down caffeine later in the day.

Avoid big late-day meals so that you are doing the heavy digesting at bedtime.

Ask your doctor if there are any medications that are interfering with sleep



ROUTINE

Follow the same steps every night to get ready.

A large meal can prevent sleep, but a bed time snack like warm milk and crackers or digestive cookies may help

Dim the lights. (keep it bright enough to safely get around). Bright lights can slow production of melatonin - a hormone which helps you to sleep.

Turn off electronics for 30-60 minutes before bed. This helps your brain unwind and light from these devices can interfere with melatonin.

Focus on relaxation instead of sleep when you lay down, like meditation, mindfulness, & breathing techniques.

Don't read or watch TV in bed. Keep your bed for sleep (and sex) only.



ROOM READY

Prepare the room for good sleep health.

A comfy pillow and mattress can prevent aches and pains and help you sleep

Clean sheets and bedding will be more comfortable too

Make sure the room is the right temperature for you - it's usually better to have the room a little cooler than usual.

A sleep mask or darkening curtains can help block distracting light - but make sure you can put on a light from the bed if you need to get up at night.

Ear plugs or a white noise machine can block out distracting sounds

Aromas like lavender may help calm you for sleep

Quiet calm music may be soothing