



10 TIPS FOR BETTER SLEEP

1. Create a sleep routine to signal to your body that it is time settle and fall asleep.

Try to go to bed and wake up at the same time each day (including weekends) to help regulate your internal body clock and create an optimal sleep-wake balance.

2. Turn off electronics.

Bright light from electronics interferes with melatonin production which can lead to sleep problems.

3. Get outside.

Research shows that spending time outside, especially in the morning, helps to calibrate circadian rhythm and improve sleep.

4. Stay active during the day.

Staying active and exercising during the day will help you to fall asleep and stay asleep during the night.

5. Avoid napping after 3:00 pm.

6. Watch what and when you eat and drink.

Eat a healthy, balanced diet. Don't eat a large meal within 3 to 4 hours of bedtime and avoid caffeine starting in the late afternoon.

7. Relax before bed.

Take a warm bath or shower, create a calm environment, read a book, listen to music, or practice mindful breathing to help you relax and fall asleep.

8. Manage worries or overthinking.

Try writing down your concerns before bed to quiet your mind.

9. Use visualization.

Clear your mind by picturing yourself on a beach, laying in the grass on a warm summer day, or in a gently rocking boat.

10. Keep your bedroom cool, dark, and quiet for a better night's sleep.

IMPORTANT!

If you are worried or anxious, talk to someone.

Talk with someone you trust about your worries, fears, or problems to help you get a good night's sleep.

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