



Quick tips to help you sleep better



Adapted from the American Academy of Sleep Medicine

Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during vacations.

Set a bedtime that is early enough for you to get at least 7 hours of sleep.

Don't go to bed unless you are sleepy.

If you don't fall asleep after 20 minutes, get out of bed.

Establish a relaxing bedtime routine.

Use your bed only for sleep and sex.

Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.

Limit exposure to bright light in the evenings.

Turn off electronic devices at least 30 minutes before bedtime.

Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.

Exercise regularly and maintain a healthy diet.

Avoid consuming caffeine in the late afternoon or evening.

Avoid consuming alcohol before bedtime.

Reduce your fluid intake before bedtime.