



HEALTHY SLEEPING BASICS

For trouble sleeping, try the tips below. Sometimes just a few changes can help a lot!

1

AVOID ALCOHOL WITHIN 2 HOURS OF BEDTIME

Although alcohol may help you fall asleep faster, it will also lead to broken, lighter sleep. You don't have to stop alcohol completely, but do not drink close to bedtime.

2

AVOID SMOKING/DIPPING WITHIN 2 HOURS OF BEDTIME

Nicotine is a stimulant that may make it harder to sleep. If you must smoke/dip at night, be sure not to do so close to bedtime.

3

DO NOT EXERCISE OR TAKE A HOT BATH/SHOWER WITHIN 2 HOURS OF BEDTIME

Either of these activities will help if done earlier in the day or evening, but anything that raises your body temperature close to bedtime can hurt your sleep.

4

AVOID CAFFEINE IN THE EVENINGS

Some people are very sensitive to caffeine, so be sure to avoid it at night. Remember that tea, chocolate and colas, as well as coffee have a lot of caffeine.

5

KEEP SNACKS LIGHT

If you snack before bed, avoid heavy, greasy foods or anything you know might upset your stomach. If you wake during the night, try not to snack.

6

MAKE SURE YOUR BEDROOM HELPS YOU SLEEP

Make sure your mattress is comfortable, the temperature is right in the room, and there is not too much noise. Sometimes just adding another blanket, playing soft music, or wearing earplugs can make a big difference.

7

USE YOUR BED FOR WHAT IT'S MADE FOR: SLEEPING!

Avoid worrying, arguing, watching TV, or reading in bed. Use your bed only for sleep (and sex). If you can't sleep after 30 minutes, get out of bed to do something relaxing until you are tired again.

8

HAVE A PRE-BEDTIME ROUTINE

Prepare your body for sleep by keeping the same routine each night close to bedtime. After a short time, your body will start to expect sleep when you start your routine.

