

Top Ten Sleep Tips

- Make your bedroom conducive to sleep. Consider the comfort of your bed, the air temperature, and levels of noise and light. Minimize interference with your sleep by bed partner, children, or pets.
- Caffeine is a stimulant and should be discontinued six hours before bedtime. Know the foods, drinks and medications that contain caffeine.
- Nicotine is a stimulant and should be avoided near bedtime.
- Alcohol is a depressant, although it may help you get to sleep, it causes awakenings later in the night. Do not drink alcohol later than four hours prior to bedtime.
- Sleeping pills alter the quality of sleep, and if used for several weeks or months will cause disturbed sleep when discontinued.
- A light snack may be sleep inducing, but a heavy meal close to bedtime interferes with sleep. Avoid consuming chocolate, large amounts of sugar, and excessive fluids close to bedtime.
- Do not exercise vigorously within three to four hours of bedtime. Regular exercise in the late afternoon may deepen sleep.
- Take time to wind down in the evening prior to going to bed.
- Have a regular bedtime and rise time, even on weekends.
- If you can't sleep, get out of bed, go to another room and do a quiet activity until you are sleepy.

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