



## Good sleep tips

1. **No heavy food** before bedtime (ice cream included)
2. **Exercise** (there it is AGAIN!) the earlier in the day the better – never after dinner (helps with serotonin which promotes sleep)
3. **REGULAR SLEEP PATTERN** – get up and go to bed at the same time even on weekends
4. **Avoid evening naps** (the longer you stay awake the stronger your sleep drive) but if you need a nap, take it as early as possible (ideally, 7 hours after you get up) – early evening naps crush the desire to sleep at night.
5. **Limit caffeine** – the half life is 3-5 hours
6. **Use alcohol cautiously** - helps you fall asleep but reduces deep sleep and REM sleep – plus you have to get up to go to the bathroom!
7. **Pre-sleep routine** – dim the lights in the house, turn off the TV and computer, take a warm bath, meditation, reading

8. **Start winding down** at least 15 minutes before you go to bed – set an alarm to go to bed, not just get OUT of bed
9. **Make your bed comfy** – good mattress to avoid backaches perfect weight blankets, a just right pillow, comfy pjs
10. **Control noise** in the bedroom – ear plugs or white noise machine or fan to block noise
11. **Block out light** – the darker the room, the better. Thick curtains, eye shades **THIS IS REALLY IMPORTANT!!!**
12. **If you can't sleep after 20 minutes** get up and read or have a cup of chamomile tea
13. **Brain racing? Do a mind dump** – capture it on paper. Put a pad by the bed for midnight brain bursts
14. **Keep the room cool** and well ventilated
15. **Hide the clock** – so you don't obsess about how much sleep you AREN'T getting
16. **Use OTC sleeping pills with caution** – talk to your doctor about additional stimulants, prescription sleeping pills or anti-depressants