

GETTING GOOD SLEEP

Have you ever clocked 8 or 9 hours in bed, but felt like you had half the amount of sleep?

Try implementing these strategies....

- ☑ Create a comfortable sleeping environment that is free of distractions, such as computers or television.
- ☑ If possible, invest in a bed that gives you enough room & quality pillows to support your head & neck.
- ☑ Set & stick to a sleep schedule to help program your body to feel sleepy when it's time for bed & allow you to wake refreshed in the morning.
- ☑ Establish a relaxing bedtime routine, such as reading or listening to classical music.
- ☑ Take a hot bath. This causes a drop in body temperature that helps you feel drowsy.
- ☑ Get exposure to bright sun in the morning & sleep in a dark room.
- ☑ Keep the temperature in your room cooler at night than during the day.
- ☑ Get out of bed if you are not sleepy, & try to do something relaxing in dim light. When you feel sleepy again, go back to bed.
- ☑ Turn your clock away from your bed. Don't become anxious about how much time has passed while trying to fall asleep.
- ☑ Late afternoon naps make it harder to fall sleep at night. If you decide to nap, keep it under an hour & before 3pm.
- ☑ Drinking too many fluids at night can cause frequent awakenings to urinate, which prevents sleeping deeply or long enough.

At bedtime, try to avoid the following...



Alcoholic beverages



Medications



Tobacco, caffeine-containing products



Large meals