

# 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