



HOW CAN I SLEEP BETTER?

- Have a consistent bedtime and wake time, even on weekends. This teaches your body to know when it is time to go to sleep and wake up.
- Avoid heavy alcohol consumption. While an alcoholic beverage may make you feel sleepy, you will actually not sleep as soundly.
- Allow at least 1-2 hours between your last meal and bedtime. This reduces the risk of heartburn and allows a heavy meal time to digest before you try to sleep.
- Avoid the use of smartphones or tablets for at least 1-2 hours prior to going to bed. The light that comes from these devices stimulates your brain in a similar way to sunshine, telling your brain it's time to be awake and alert! Do not take your device to bed with you.
- Avoid television in the bedroom. The light from TV is stimulating. It also encourages your brain to stay awake rather than get ready for sleep.
- If you are in bed for more than 15-20 minutes and are not asleep, get out of bed (and leave the room if possible). Do something quiet/boring until you feel sleepy and try again. You are training your brain to associate your bed only with sleeping.
- Once you get up in the morning, resist the urge to nap, even if you are very tired.
- Try to get some exercise every day, even if it is a short brisk walk. This will help tire you out and improve your sleep.
- If you are a shift worker or need a little assistance getting to sleep, over-the-counter melatonin (5-10 mg) has been shown to be helpful. However, if 10 mg does not work for you, do not increase the dose – more is not better!

BAD SLEEP HABITS TAKE TIME TO BREAK – STICK WITH IT, AND YOU WILL BE ON YOUR WAY TO RESTFUL, CONSISTENT SLEEP!