

# Top Tips

## To help with your sleep



### STICK TO A SLEEP SCHEDULE

Go to bed and wake up at the same time each day.

As creatures of habit, people have a hard time adjusting to changes in sleep patterns.



### EXERCISE IS GREAT

Try to exercise at least thirty minutes on most days but not later than two to three hours before your bedtime.

### DON'T TAKE NAPS AFTER 3 P.M.

Naps can help make up for lost sleep, but late afternoon naps can make it harder to fall asleep at night.

### RELAX BEFORE BED

Don't overschedule your day so that no time is left for unwinding.

A relaxing activity, such as reading or listening to music, should be part of your bedtime ritual.

### TAKE A HOT BATH BEFORE BED

The drop in body temperature after getting out of the bath may help you feel sleepy, and the bath can help you relax and slow down so you're more ready to sleep.

### DARK, COOL BEDROOM,

You will sleep better if the temperature in the room is kept on the cool side. A TV, phone, or PC in the bedroom can be a distraction. Having a comfortable mattress and pillow can help promote a good night's sleep.

### DON'T LIE IN BED AWAKE

If you find yourself still awake after staying in bed for more than twenty minutes or if you are starting to feel anxious or worried, get up and do some relaxing activity until you feel sleepy.



### DON'T CLOCK WATCH

Turn the clock's face out of view, or remove a ticking clock, so you don't worry about the time while trying to fall asleep.