

Tips for Better Sleep

- ◆ Establish a bedtime routine
- ◆ Follow a regular sleep schedule
- ◆ End your active day one hour before bedtime
- ◆ Develop a nighttime routine that helps you slow down and relax
- ◆ Avoid caffeine & nicotine late in the day
- ◆ Avoid large meals late at night
- ◆ Exercise at a regular time each day
- ◆ Get some natural, outdoor light each day
- ◆ Don't drink alcohol to help you sleep
- ◆ Do not take naps after 3pm
- ◆ Create a safe and comfortable place to sleep (quiet, dark, cool temperature and well ventilated).