

HEALTHY SLEEP TIPS

1. Maintain a regular sleep schedule (bedtime and wake-up time)
2. Seek out bright light exposure in the morning, and avoid bright light exposure in the evening.
3. Avoid caffeine, alcohol and tobacco within the 6 hours before bedtime.
4. Avoid exercise in the late afternoon and evening.
5. Avoid heavy meals before bedtime.
6. Create a relaxing, sedentary nighttime routine leading up to bedtime.
7. Use the bedroom/bed only for sleep.
8. Ensure that the bedroom environment is conducive to sleep – dark, quiet, comfortable.
9. Go to bed only when drowsy. If unable to fall asleep within 20-30 minutes, get up and move to a different location and engage in relaxing activities in a low light environment. Return to bed only when drowsy and try again. Repeat as often as necessary.
10. Avoid daytime naps, particularly in the evening as this will affect your ability to fall asleep in bed.