

## Helpful Tips for Restful Sleep—

- Keep a regular sleep schedule.

Go to bed at the same time every night and get up at the same time every morning.

- Keeping a consistent sleep schedule teaches your body to be sleepy at bedtime and awake in the morning.

Avoid sleeping in for more than one hour on the weekends.

- Limit stimulating activities close to bedtime.

- When you do stimulating things at night, it's hard for your mind and body to calm down and prepare for sleep.
- Avoid caffeine, stimulating television shows, stimulating video games, stimulating books, or anything else that might wind you up physically, mentally, or emotionally.

- Get regular exercise—it helps in getting good, consistent sleep.

Don't exercise too late in the evening. Some people find this will 'wind them up.'

- View and treat your room as a restful place free from stress.

- For example, don't use your bedroom as a place to pay your bills or argue with your partner

Use your bed and bedroom only for sleep or intimacy.

Keep your room as dark as possible at night and at a cool temperature.

- If you can't fall asleep within 15 minutes, get out of bed and try leaving your room to do a relaxing activity until you feel sleepy.

- Move your alarm clock away from your bed.

- Don't check the clock during the night.
- Clock watching can lead to worry and anxiety, and make it harder to fall asleep or fall back asleep.

- If you wake up during the night and are unable to get back to sleep within a reasonable period of time, try getting up and doing a relaxing activity in low light.