

Sleep Tips

- **Sleep only when sleepy.**
 - This reduces the time you are awake in bed.
- **If you can't fall asleep within 20 minutes, get up and do something boring until you feel sleepy.**
 - Read the manual for your refrigerator. Don't expose yourself to bright light while you are up. The light cues your brain that it is time to wake up.
- **Don't take naps.**
 - This will ensure you are tired at bedtime. If you just can't make it through the day without a nap, try to keep it to 1 hour or less and before 3 p.m.
- **Get up and go to bed the same time every day.**
 - Even on weekends! When your sleep cycle has a regular rhythm, you will feel better.
- **Do regular exercise each day, but avoid intense exercise within 3 hours of bedtime.**
 - Regular exercise is recommended to help you sleep well, but the timing of the workout is important. Exercising in the morning or early afternoon will not interfere with sleep.
- **Develop sleep rituals.**
 - It is important to give your body cues that it is time to slow down and sleep. Listen to relaxing music, read something soothing for 15 minutes, drink a cup of caffeine-free tea, or do relaxation exercises.
- **Only use your bed for sleeping.**
 - Do not use your bed to watch TV or do schoolwork. This way, when you go to bed, your body knows it is time to sleep.
- **Stay away from caffeine at least 4-6 hours before bed.**
 - Caffeine is a stimulant that interferes with your ability to fall asleep. Coffee, tea, cola, cocoa, and chocolate contain caffeine.
- **Stop using your computer and phone before bedtime.**
 - Light from screens alters sleepiness and alertness, and it suppresses melatonin levels.
- **Eat regular meals throughout the day.**
 - But avoid going to bed hungry.

Sleep Tips

- **Take a hot bath 90 minutes before bedtime.**
 - A hot bath will raise your body temperature, but it is the *drop* in body temperature that may leave you feeling sleepy.
- **Make sure your bed and bedroom are quiet and comfortable.**
 - A hot room can be uncomfortable. A cooler room along with enough blankets to stay warm is recommended. If light in the early morning bothers you, get a blackout shade or wear a slumber mask. If noise bothers you, wear earplugs or get a white noise machine.
- **Use sunlight to set your biological clock.**
 - As soon as you get up in the morning, go outside and turn your face to the sun for 15 minutes.