



Healthy Tips for Better Sleep

The quality and quantity of your sleep can make all the difference in your everyday health and productivity. As a result, it is vital to rest and recharge by getting a good night's sleep.

To guide you on how to get the sleep you need and deserve, here are ten tips from the Better Sleep Council and the National Sleep Foundation:

- Maintain a regular bed and wake time schedule, including weekends.
- Establish a regular, relaxing bedtime routine such as soaking in a hot bath or hot tub and then reading a book or listening to soothing music.
- Create a sleep-conducive environment that is dark, quiet, comfortable and cool.
- Sleep on a comfortable mattress and pillows.
- Use your bedroom only for sleep and sex. It is best to take work materials, computers and televisions out of the sleeping environment.
- Finish eating at least two to three hours before your regular bedtime.
- Exercise regularly. It is best to complete your workout at least a few hours before bedtime.
- Avoid nicotine (e.g., cigarettes, tobacco products). Used close to bedtime, it can lead to poor sleep.
- Avoid caffeine (e.g., coffee, tea, soft drinks, chocolate) close to bedtime. It can keep you awake.
- Avoid alcohol close to bedtime. It can lead to disrupted sleep later in the night.

For more information on getting a better night's sleep, visit www.bettersleep.org and www.sleepfoundation.org.