



15 Sleep Tips for a Restful Night & BETTER HEALTH

1. Go to bed every night and get up each morning at the same time, even on weekends.
2. Don't drink any fluids within 2 hours of bedtime.
3. Turn off TVs, computers, and other blue-light sources an hour before you go to bed.
4. Cover any alarm clocks and displays that you can't turn off.
5. No naps. To have a better chance for a restful night do not take a nap during the day.
6. Overcome an afternoon slump with a quick walk or drink a glass of ice water.
7. Put a pillow between your legs to align your hips and destress your lower back.
8. Cover your mattress, box springs, and pillows to avoid allergies from dust mites.
9. Keep your bedroom temperature between 68 and 72 degrees for optimal sleep.
10. Keep your work, TV watching, and surfing the internet out of the bedroom.
11. Avoid any caffeine in foods or drinks after around Noon.
12. Finish up any workouts and exercise 3 to 4 hours before you go to bed.
13. Keep a night-light in the bathroom to minimize turning on bright lights.
14. If you can't sleep in the quiet use a fan, ear plugs, or a white noise app or machine.
15. Pet movements can wake you. Teach your pet to snooze in their own bed.