

Sleep

Good sleeping habits:

Before getting into bed –

- Establish a routine for bedtime
- Create a positive sleep environment
- Relax before getting into bed
- Avoid alcohol, smoking and caffeine for at least a few hours before bedtime
- Do not go to bed unless you are sleepy
- Reduce exposure to electronics (e.g., smartphones, tablets) within one hour of bedtime; it's best to keep these out of the bedroom

While in bed –

- Turn your clock around and use your alarm, if needed
- If you can't fall asleep in 20 minutes, get out of bed and do something relaxing until you are sleepy
- Use your bed for sleep only

In the morning and daytime –

- Wake up at the same time each morning, even on weekends
- Avoid daytime naps
- Avoid caffeine, especially in the late afternoon and evening
- Exercise regularly, but not within four hours of bedtime

