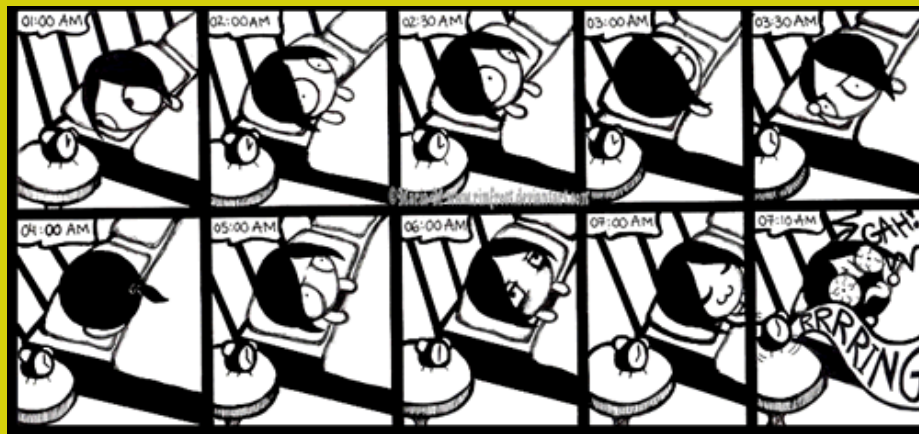


## Tips for maintaining a healthy sleep



Here are some tips for maintaining a healthy sleep cycle and ensuring the best night's rest:

- ❖ Maintain a regular bed and wake time schedule, including weekends.
- ❖ Establish a 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 pillow.
- ❖ Avoid napping. Napping can only make matters worse if you usually have problems falling asleep. If you do nap, keep it short. A brief 15-20-minute snooze about eight hours after you get up in the morning can actually be rejuvenating.
- ❖ Finish eating at least two to three hours before your regular bedtime.
- ❖ Exercise regularly. It is ideal to complete your workout at least a few hours before bedtime.
- ❖ If you can't get to sleep for over 30 minutes, get out of bed and do something boring in dim light till you are sleepy.
- ❖ Avoid alcohol, nicotine (e.g., cigarettes, tobacco products), and caffeine (e.g., coffee, tea, soft drinks, chocolate) close to bedtime.
- ❖ These can lead to poor sleep, keep you awake or disrupt sleep later in the night.



[www.sleepfoundation.org](http://www.sleepfoundation.org)