



CLIP AND PLACE AT BEDSIDE

Tips for Better Sleep

1. Get out of bed about the same time every day. Establishing a schedule helps regulate your body's inner clock.
2. Go to bed only when you are sleepy, but not earlier than your scheduled time.
3. Make sure your sleeping conditions, including your bed, are as comfortable as possible.
4. Wear loose-fitting nightclothes. The more comfortable you are, the better you will sleep.
5. Keep your bedroom darkened.
6. Keep your bedroom as quiet as possible.
7. Avoid taking an alcoholic drink (including beer or wine) before bedtime.
8. Avoid too much mental stimulation during the hour or so before bedtime.
9. Use your bed only for sleep and intimacy.
10. If you can't sleep, get up and pursue a relaxing activity such as reading or knitting until you feel sleepy.
11. Avoid daytime napping, which tends to fragment sleep at night.
12. Avoid all caffeine-containing beverages after lunch.
13. Avoid smoking or nicotine supplements two hours before bedtime.
14. Try to get some exercise each day.

Source: Stamford Hospital's Center for Sleep Medicine



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