Tips for a Better Night’s Sleep

1. For two weeks, keep a sleep log of your sleep habits to identify trouble spots.

2. Use a comfortable bed.

3. Go to bed only when you are sleepy.

4. Get up the same time every day regardless of what time you go to bed.

5. Do not take a nap unless it is for only around 15 minutes and it does not interfere with your night time sleep.

6. Use the bedroom for sleep and sex only.

7. Try to set 30 minutes aside per day for worrying. When worried or stressed use this time to make a diary of your worries and stresses.

8. If you can not sleep after lying down for 15 minutes or so, get up and read or watch television.

9. Exercise during the day, but not after 7 PM.

10. Make the hour before bedtime quiet time. Take a warm bath, read a little or prepare a light bedtime snack.

11. Keep the bedroom quiet, cool and dark and make sure it remains dark in the morning.

12. Avoid caffeine. If you must have caffeine, limit yourself to three caffeinated drinks (coffee, tea, chocolate), preferably before 12 noon.

13. Avoid smoking at least one hour before bedtime. Nicotine is a stimulant.

14. Avoid alcohol, especially within four to six hours of bedtime. Alcohol will help you fall asleep but it will make your sleep more fragmented.

15. Place the clock out of sight if you are a clock watcher.

16. Try to avoid liquids after 7 PM so you will not be getting up to go to the bathroom frequently.