
TIPS TO HELP YOU SLEEP

1.	Go to bed and wake up at the same time every day. For children, have a set bedtime and a bedtime routine. Don't use the child's bedroom for timeouts or punishment.
2.	Try to keep the same sleep schedule on weeknights and weekends. Limit the difference to no more than about an hour. Staying up late and sleeping in late on weekends can disrupt your body clock's sleep-wake rhythm.
3.	Create a relaxing bedtime routine to get your body and mind ready to sleep.
4.	Use the hour before bed for quiet time. Stop working on any task, and avoid talking about stressful or emotional issues in bed.
5.	Make your bedroom dark, quiet, cool, and comfortable. Use earplugs or a sleep mask if you need to (a dim night light is fine, if needed).
6.	Skip caffeinated beverages within 6 to 8 hours of bedtime. A cup of coffee in the late afternoon can make it hard for you to fall asleep at night.
7.	Don't smoke. Nicotine is a stimulant, which can keep you up.
8.	Stop drinking alcohol at least 3 hours before bed so it doesn't wake you up later.
9.	Avoid heavy and/or large meals within a couple hours of bedtime.
10.	Exercise at least 20 minutes each day, but try to do it at least 6 hours before bedtime.
11.	Wear sunscreen and spend time in the sunlight. But avoid bright lights close to bedtime.
12.	Take a hot bath or use relaxation techniques before bed.
13.	Consider moving your pet out of your bed, and maybe out of your bedroom.
14.	Move the computer and TV out of your bedroom so they don't distract you. Don't just swap in your tablet or phone; their lights and distractions can keep you up late.
15.	Make it a priority to get at least 7 hours of sleep every night.
16.	If you nap, keep it short (20-30 minutes) and not close to bedtime. Late-day naps can lead to sleepless nights.
17.	Can't sleep? Read or listen to soft music. Skip the TV, tablet, and smartphone.
18.	Start a sleep diary to track what affects your rest.