SLEEP TIPS

- **Sleep only when sleepy.**
  This reduces the time you are awake in bed.

- **If you can't fall asleep within 20 minutes, get up and do a quiet activity until you feel sleepy.**
  You can read something really boring like an instruction manual. Don't expose yourself to bright lights (like your phone or the tv) while up. Light gives cues to your brain that it is "time to wake up".

- **Don't take naps.**
  Taking napes makes you less tired at bedtime. If you just can't make it through the day without a nap, try to limit naps to one hour or less and take them before 3 pm.

- **Get up and go to bed the same time every day.**
  Even on weekends! When your sleep cycle has a regular rhythm, you will feel better.

- **Exercise regularly but avoid intense exercise within 3 hours of bedtime.**
  Regular exercise is recommended to help you sleep well, but the timing of the workout is important. Exercising in the morning or early afternoon will not interfere with sleep.

- **Develop sleep rituals.**
  It is important to give your body cues that it is time to slow down and sleep. Listen to relaxing music, read something for 15 minutes, consider caffeine-free tea, do relaxation exercises.

- **Only use your bed for sleeping.**
  Do not use your bed to watch TV or do school work. This way, when you go to bed your body knows it is time to sleep.

- **Stay away from caffeine at least 4-6 hours before bed.**
  Caffeine is a stimulant that interferes with your ability to fall asleep.

- **Stop using your computer/phone/tablet before bedtime.**
  Light from screens alters sleepiness and alertness, and suppresses levels of a hormone called melatonin that regulates sleep.

- **Eat regular meals throughout the day.**
  But avoid going to bed hungry.

- **Consider taking a hot bath 90 minutes before bedtime.**
  A hot bath will raise your body temperature, but it is the *drop* in body temperature that may leave you feeling sleepy.

- **Make sure your bed and bedroom are dark, quiet, and comfortable.**
  A hot room can be uncomfortable. A cooler room with enough blankets to stay warm is recommended. If light in the early morning bothers you, try a blackout shade or wear a slumber mask. If noise bothers you, try wearing earplugs or get a "white noise" machine.

- **Use sunlight to set your biological clock.**
  As soon as you get up in the morning, go outside and turn your face to the sun for 15 minutes.

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