

TIPS FOR BETTER SLEEP

1. Look into sunlight without sunglasses for 20 minutes, first thing or at least at some point during the day.
2. Go to bed at the same time and wake up at the same time every day.
3. Get enough sleep so you don't need to sleep in or take naps on the weekend.
4. Create a bedroom routine – soak in a tub, read a book, listen to soft music, drink herbal tea, meditate, deep breathing.
5. Make sure your bedroom is cool, dark, quiet, and well ventilated.
6. Keep electronics out of the bedroom. (Hide your illuminated clock).
7. Stop watching TV an hour before bedtime.
8. Use your bed only for sleep or sex.
9. Don't eat anything 3 hours before bedtime.
10. Avoid caffeine or at least don't consume it after noon (coffee, tea, soft drinks, chocolate).
11. Exercise every day.
12. Avoid alcohol at bedtime.
13. Ensure you're not iron deficient.
14. Drink milk or eat turkey or peanuts before bed.
15. Eat toast or cereal before bedtime.
16. Write down your worries and possible solutions before bed. Then let it all go.
17. Avoid spicy or fatty foods before bedtime.
18. Listen to white noise or wear earplugs while you sleep.
19. If you use electronics at night, install blue block filters on TV and computer to reduce the amount of light you are exposed to.

Medical Interventions

20. Seek cognitive behavioral therapy to get out of the cycle of not sleeping.
21. If you have restless leg syndrome, sleep apnea, or allergies, seek treatment.
22. Seek a doctor's advice about possibly taking melatonin.
23. Try light therapy.