

# Tips For Getting a Good Night's Sleep



## Are you getting enough sleep?

If you have trouble keeping your energy up all day or get sleepy whenever you slow down, you're probably not getting the sleep you need. Follow the tips below to get the sleep you need!

### Tip 1: Keep a regular sleep schedule

- Set a regular bedtime
- Wake up at the same time every day
- Nap to make up for lost sleep
- Be smart about napping
- Fight after-dinner drowsiness

### Tip 2: Make the bedroom more sleep friendly

It's not just the number of hours in bed that counts—it's the quality of those hours of sleep. If you're giving yourself plenty of time for sleep, but you're still having trouble waking up in the morning or staying alert all day, you may need to make some changes to your sleep environment. The quality of your bedroom environment makes a huge difference in how well you sleep.

### Tip 3: Create a relaxing bedtime routine

If you make a consistent effort to relax and unwind before bed, you will sleep easier and more deeply. A peaceful bedtime routine sends a powerful signal to your brain that it's time to wind down and let go of the day's stresses.

### Tip 4: Eat right and get regular exercise

- Stay away from big meals at night
- Avoid alcohol before bed
- Cut down on caffeine
- Avoid drinking too many liquids in the evening
- Quit smoking

### Tip 5: Get anxiety and stress in check

Residual stress, worry, and anger from your day can make it very difficult to sleep well. When you wake up or can't get to sleep, take note of what seems to be the recurring theme. That will help you figure out what you need to do to get your stress and anger under control during the day.

### Tip 6: Ways to get back to sleep

- Stay out of your head
- Make relaxation your goal, not sleep
- Do a quiet, non-stimulating activity
- Postpone worrying and brainstorming

### Tip 7: Know when to see a sleep doctor

If you've tried the tips above, but are still struggling with sleep problems, you may have a sleep disorder that requires professional treatment.