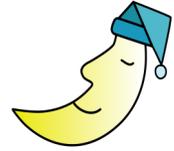


Tips For Better Sleep



Most adults need 7 to 8 hours of quality sleep each night. School aged children & teens need 10 hours every night.



- * Go to bed & get up at the same time each day, including weekends & days off. Keeping your life's activities on a regular schedule keeps your inner body clock running smoothly.
- * Maintain a healthy diet & get regular exposure to afternoon outdoor light.
- * Get regular exercise, preferably in the morning—physical activity can improve restful sleep.
- * Find a time during the day to get all of your worries out of your system. Write them down, jotting down possible solutions, & let your mind put them on the back burner.
- * Avoid large meals & alcohol for several hours before bedtime. Have a bedtime snack instead.
- * Avoid consuming caffeine—a stimulant—from mid-afternoon through the evening (6 to 8 hours before bedtime).
- * Reduce your fluid intake during the evening to cut down on nighttime trips to the bathroom.
- * Limit exposure to bright light in the evenings—turn off electronic devices, including the TV & video games, at least an hour before bedtime.
- * Avoid nicotine—another stimulant—for at least 2 hours before bedtime.
- * Establish a regular, relaxing bedtime routine—some suggestions: read a book or magazine, listen to soothing music, do relaxing stretches or breathing exercises, drink a cup of caffeine-free tea, or take a warm bath or shower. This will relax your body and distract your mind.
- * Use your bed only for sleep or intimacy. Don't read, write, eat, watch TV, talk on the phone, pay bills, or play cards or games in bed. Keep electronic devices out of the bedroom.
- * Keep your bedroom quiet, dark, relaxing & at a comfortable cooler temperature. Make adjustments as needed for you by utilizing a white sound machine to block noise, a sleep mask to block light & wearing warm socks to bed to keep your feet warm.
- * Just before going to sleep, use a relaxation exercise to calm your mind & rest your body.
- * If you haven't fallen asleep within 20 to 30 minutes, go to another room for a quiet activity until you feel sleepy—don't turn on bright lights, the TV or computer, or pick up your phone.

Did You Know . . . ?

- ⇒ *The blue light from electronic screens stimulates your brain, disrupting your ability to sleep.*
- ⇒ *Daytime naps of more than 20 to 30 minutes, especially late in the day, can interfere with sleep. Avoid naps after 3 pm.*
- ⇒ *Some medicines can interfere with sleep—ask your pharmacist to check your medications.*
- ⇒ *Using alcohol doesn't help you sleep—it actually interrupts the sleep cycle & interferes with the quality of your sleep.*
- ⇒ *You can develop a tolerance to sleep medications. Talk with your primary care provider for more information.*

