

# Tips for Better Sleep



## Environment

Make sure your bedroom is comfortable and quiet to encourage sleep (Temperature, brightness, noise level etc ).



## Establish A Regular Routine

- Maintain a regular wake time and bedtime. Don't vary your sleep times too much on weekends.
- Avoid naps.
- If you had a bad sleep the night before, keep your daytime routine as planned. Do not avoid activities because you feel tired.



## Did you know?

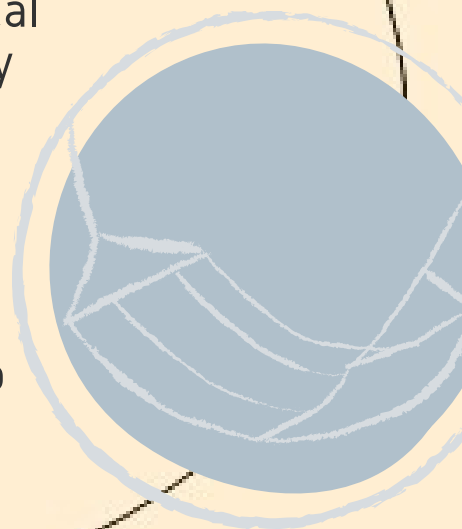
Amount of caffeine per cup:



## Relaxing Bedtime Routine

- Develop a ritual of things you can do to get your body ready for sleep (e.g. breathing/mindfulness exercises, read a relaxing book, have a warm comforting caffeine free drink).
- Reduce physical activity before bedtime. Physical activities lead to too much excitement that may keep you awake!
- Avoid caffeinated drinks, alcohol, nicotine and eating or drinking too much before bedtime.

It is uncomfortable to sleep with a full stomach and it may cause you to wake up in the night to go to the bathroom!



## Other Tips:

- If you can't fall asleep after about 20 minutes, get up, do something calming then return to bed when you feel sleepy. Avoid doing stimulating activities as this will keep you awake.
- Bed is for sleeping only. If you use your bed to watch TV, read, work on your laptop, your body will not learn this.
- Do not watch the clock. Checking the clock frequently through the night likely increases your anxiety about sleeping with thoughts like "I'll never get to sleep." or "I will not get enough sleep if I don't sleep now."

Now, let's sl  p