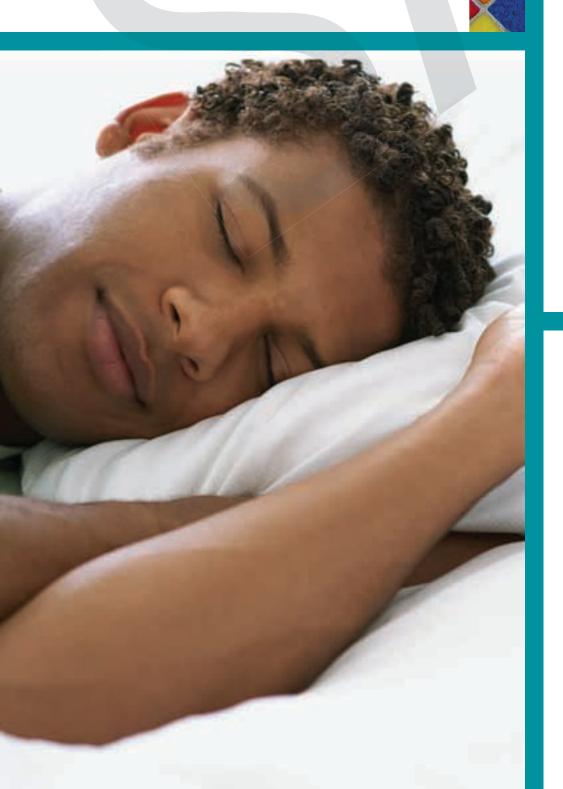
Go to bed and get up at roughly the same times every day, including your days off.

## **Exercise**

most days, but not within 3-4 hours of bedtime.

Watch the alcohol; it actually contributes to wakefulness during the night.



## Have a relaxing bedtime ritual

- light reading, soothing music, a warm bath or meditation.

## Getting Better Sleep

Stop tossing and turning; resolve to find solutions to problems after a good night's sleep.



Avoid caffeinated drinks from late afternoon on.



Avoid eating heavy meals and drinking beverages near bedtime.

Reduce noise earplugs or white noise may be helpful.

Keep your room dark

with light-blocking shades or a sleep mask.

Sleep in light, comfortable clothing in a slightly cool room.

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