

1
Go to bed
and get up at
roughly the
same times
every day,
including your
days off.

2
Have a relaxing
bedtime ritual
— light reading,
soothing music, a
warm bath or
meditation.

3
Avoid
**caffeinated
drinks**
from late
afternoon on.

HEALTHY TOP TEN

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

Getting Better Sleep

5
Watch the
alcohol;
it actually
contributes
to wakefulness
during the
night.

6
Stop tossing and turning;
resolve to find solutions
to problems after a good
night's sleep.



Avoid eating
heavy meals
and drinking
beverages near
bedtime.

8
Reduce
noise —
earplugs or
white noise may
be helpful.

9
**Keep your
room dark**
with light-blocking
shades or a
sleep mask.

10
Sleep in
light, comfortable
clothing in a
slightly cool room.

