

# TIPS FOR SLEEPING WELL

## **DON'T FORCE YOURSELF TO SLEEP**

If you haven't fallen asleep after 20 minutes, get up and do something calming. Read a book, draw, or write in a journal.

## **USE YOUR BED ONLY FOR SLEEP (AND SEX)**

If your body learns to associate your bed with sleep, you'll start to feel tired as soon as you lie down. Using your phone, watching TV, or sending emails in bed can have the opposite effect.

## **SET A SCHEDULE**

Establish a regular sleep schedule every day of the week – this will help to set your “biological clock”. Don't lie in more than an hour, even on days off.

## **AVOID BLUE LIGHT**

The short wave blue light from computer, TV and phone screens suppresses the production of the sleep hormone melatonin. It is important to avoid screen time for two hours before bed.

## **AVOID STIMULANTS**

Consuming caffeine, alcohol, and nicotine can affect your ability to fall asleep and the quality of your sleep, even if they're used earlier in the day. Caffeine can stay in your body for up to 12 hours, and even decaf coffee has some caffeine!

## **EXERCISE AND EAT WELL**

A healthy diet and exercise can lead to better sleep. However, avoid strenuous exercise and greasy or heavy food for 2 hours before going to bed.