

# 16 WAYS TO GET BETTER SLEEP

- UNPLUG. Avoid TV and any technology 1 hour before bed
- Schedule relaxation time before bed
- Dim lights 1 hour before bed (and avoid all “blue lights” during this time as well)
- Try relaxation exercises or deep breathing
- Take a warm bath before bed
- Adjust your thermostat – cooler rooms enhance sleep quality (60-67 degrees)
- Keep your room as dark as possible during sleep
- Use a white noise/sound machine or an app for sleep sounds
- Gradually increase the amount of time you sleep, in 15 minute increments
- Start your bedtime routine earlier
- Keep a book by your nightstand
- Establish a consistent sleep schedule and head to bed at the same time every night
- Take a moment to imagine exactly what tomorrow will be like if you stay up too late
- Eliminate daytime naps
- Avoid caffeine at least 4 hours before bedtime
- Exercise helps you sleep better but avoid working out immediately before bed

## NOTES