

Smart Tips for Successful Sleep

- Keep your bedroom quiet, dark and at a comfortable temperature.
- Turn off cell phone(s), television, computer, tablets, etc about an hour prior to bedtime. The light from these devices suppress melatonin production and can stimulate the mind rather than relaxing it.
- Go to bed only when tired or sleepy.
- Establish a consistent bedtime routine.
- Avoid foods, beverages, and medications, which may contain stimulants such as caffeine
- Limit alcohol consumption. Alcohol sedates but it may also interfere with your sleep quality in the second half of the night.
- Exercise midday or early afternoon. Try to end your workout 4-5 hours before bedtime.
- Avoid naps in late afternoon or evening times.
- Eat lightly before bedtime, limit fluid intake.
- Avoid emotional or mental stimulation before bed which may lead to anxiety or worry.
- Use a flashlight or nightlight if you need to get up during the night and go to the bathroom. Make sure it's bright enough to see your way around but dim enough to not fully awake you.
- If you use a portable electronic device to read, use one that is **not** backlit. Choose a device that requires an additional light source such as a bedside lamp.
- Keep a note pad and pen beside your bed. This is helpful should you think of something you need to do in the a.m. or next day as well as decreases worry or anxiety due to the fear of thinking you won't remember.
- Avoid having pets in your bed while sleeping.
- Increase exposure to sunlight or bright light during the day.
- Limit exposure to bright light and electronics before bedtime.