

Tips for Getting a Good Night's Sleep



Go to bed and get up at the same time each day.

Get regular exercise, but not within 4 hours of bedtime.

Eat regular meals, but eat lightly the evening before bedtime.

Write down anything you are worrying about so you don't carry them to bed. If you continue to worry about them, make an appointment with yourself to think about them the next day.

Make your bedroom conducive to sleep: A supportive bed, quite, dark, and a cool temperature.

Set a relaxing routine as you approach bedtime: hot bath, herbal tea, relaxing music, or relaxing book.

Keep the clock handy but not where you are staring at it if you wake up during the night.

Don't watch TV, pay bills, or do office work in your bedroom

Try not to worry about lost sleep.

If you lie awake more than 30 minutes, go into another room and read something relaxing, listen to music, or drink some warm milk or herbal tea. Avoid doing anything that over-stimulates the mind such as watching TV or working on office work or housework.

Avoid caffeine and alcohol in the evening.



Keep the bedroom neat and decorated to enhance comfort and relaxation.

Some people find listening to a book on tape relaxing and can also be used if you wake in the middle of the night.

Try rescheduling worries to another time.