

## Sleep: Tips for a Good Night's Rest

To help you sleep during the night, you may want to do the following:

### During the Day

- Exercise regularly. Even a 20-minute walk during the day can help you relax. Don't exercise in the evening.
- Limit naps if you can. If you must sleep, limit your nap to 30 minutes.



### Before Bedtime

- Avoid alcohol, caffeine, chocolate and nicotine in the late afternoon and evening. Limit liquids in the evening before going to bed.
- Turn off the TV one hour before bedtime; listen to quiet music or take a warm bath.
- If you worry or “can't turn your brain off” when you try to sleep, make a list of things you need to do the next day. That will allow you to not worry about forgetting anything and you will be able to relax.



### At Bedtime

- Go to bed and get up at the same time every day, even on weekends.
- A bedtime snack of warm milk, turkey or a banana may make you sleepy.
- Use your bedroom for sleep and intimacy only; don't read, watch TV or work in the bedroom.
- If you are a “clock watcher,” turn the clock around.
- To fall asleep, lie in the position that you normally find yourself in when you wake up.
- Spouses should go to bed at the same time.



### If You Can't Fall Asleep or Wake Up During the Night

If you haven't fallen asleep in 15 minutes, go to another room. Listen to quiet music. Avoid things that provide mental stimulation (TV, exciting books). Go back to bed when you feel sleepy. If you still can't fall asleep, get up again and repeat these steps as necessary.

