

Tips for Improving Your Sleep

- a. Stick to a schedule. Go to bed and wake up at the same time each day, including weekends.
- b. Avoid caffeine at least 8 hours before you go to sleep.
- c. Avoid alcohol and heavy meals right before going to sleep.
- d. Exercise regularly (but not in the couple of hours before your bedtime).
- e. Avoid naps after 3 PM and if you take naps at all try to limit them to under an hour.
- f. Do something relaxing before bed (for example, reading or listening to music).
- g. Keep your sleeping environment free from noise and bright lights, and try and keep your bedroom on the cool side.
- h. Use your bed only for sleeping and sex. Don't read, work, or watch tv in your bed.
- i. Get out of bed if you can't sleep. If you are still awake after 20 minutes of being in bed, get up and do something relaxing. Trying too hard to fall asleep can increase anxiety

Day	Sleep Tip(s) I tried	How did it work?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		