

# Ten Tips for a Better Sleep



**Avoid caffeine close to bedtime.**

Too much caffeine late in the day can disrupt your sleep.



**Avoid alcohol close to bedtime.**

Alcohol too close to bedtime can also disrupt your sleep.



**Take time to unwind .**

Try reading, meditating, music, a bath/shower, and/or limiting screen time before bed.



**Exercise a few hours before bed.**

Regular exercise can help you achieve deeper sleep.



**Follow the same routine.**

Keeping the same sleep/ wake schedule every day helps your body get into a routine.



**Avoid naps if you experience sleep problems.**

If you do take a nap, try to keep it to 30 minutes or less.



**Avoid going to bed too hungry or too full.**

Consider a light snack if you're still hungry just before bed.



**Get up if you don't fall asleep within half an hour.**

Leave your bedroom and do something relaxing. Go back to bed once you feel drowsy.



**Make your bedroom comfortable and only use it for sleep.**

That way, you'll associate your bedroom with sleep.



**Challenge the belief that you can't function without a perfect night's sleep.**

This can lower anxiety and help you to fall back asleep.