

Improve Your *Sleep*

Consistent Sleep Schedule

Try to go to bed and wake up at the same time every day, even on weekends. This helps regulate your body's internal clock.

Create a Relaxing Bedtime Routine

Engage in calming activities before bedtime, such as reading a book, taking a warm bath, or listening to soft music.

Limit Screen Time Before Bed

The blue light from screens can interfere with melatonin production, making it harder to fall asleep. Try to avoid screens at least 1 hour before bedtime.

Comfortable Environment

Ensure your bedroom is conducive to sleep—dark, quiet, & cool. Consider using blackout curtains, white noise machines, or earplugs if necessary.

Limit Caffeine Intake

Minimize the consumption of caffeinated beverages (e.g., soda, energy drinks) in the afternoon and evening, as caffeine can disrupt sleep.

Encourage Physical Activity

Regular exercise during the day can help promote better sleep at night. However, avoid vigorous exercise close to bedtime, as it may be stimulating.

Watch Diet Before Bed

Avoid heavy meals & large amounts of fluids close to bedtime to prevent discomfort & nighttime awakenings.

Manage Stress

Practice stress management techniques such as deep breathing, progressive muscle relaxation, or journaling to help unwind before bedtime.

Limit Naps

If needed, engage in short naps (20-30 minutes) and avoid late afternoon naps that may interfere with nighttime sleep.