



Tips for successful sleep

The amount of sleep you get each day is important, but the quality is even more essential. Good quality sleep is vital to your health and well-being. Try these tips for a better night's sleep:

- Aim for 7–9 hours of restful sleep each night.
- Avoid caffeine in the afternoon.
- Engage in exercise/physical activity habits, which encourage more restful sleep.
- Avoid heavy meals or snacks before bed (or those high in acid that may cause reflux).
- Avoid excessive liquid intake if waking often to urinate.
- Stick to a sleep and mealtime schedule, even on weekends and days off.
- Develop a bedtime routine that prepares the body to sleep (soothing music, stretching, aromatherapy are some ideas).
- Avoid naps after 3 p.m. (if on nighttime sleep cycle).
- Keep your bedroom cool, dark and free from distractions. Move your computer/phone away from your nightstand, so you aren't bothered by routine notifications or encouraged to use them when struggling to fall asleep.
- Invest in comfortable bedding (mattress, PJs, pillows, sheets/blankets).