

10 TIPS FOR BETTER SLEEP

Work, relationships, and parenting stress are all factors that can interfere with sleep. You may not be able to control or eliminate these factors but you can adopt habits and create an environment that result in a more restful night's sleep.

Try these helpful tips if you have trouble falling or staying asleep.

- 1. Go to bed and wake up the same time every day, even on the weekends.**
- 2. Don't eat or drink large amounts before bedtime.**
- 3. Avoid nicotine, caffeine and alcohol in the evening.**
- 4. Exercise regularly.**
- 5. Make your bedroom cool, dark, quiet and comfortable.**
- 6. Sleep primarily at night.**
- 7. Choose a comfortable mattress and pillow.**
- 8. Start a relaxing bedtime routine**
- 9. Go to bed when you're tired and turn out the lights.**
- 10. Use sleeping pills only as a last resort.**

