

## Getting Better Sleep

### Top 8 Tips for Better Sleep

1. **Neutralize Noise:** Soothing white noise covers up the bumps in the night that can keep us awake. Use a fan, air conditioner or basic ear plugs to cover up superfluous noise which may keep you up at night.
2. **Avoid Naps:** Napping makes matters worse if you have trouble falling asleep at night. If you must nap, limit it to 20 minutes and keep it early in the day.
3. **Block the Clock:** Glancing at the clock can cause you to worry about how many hours of sleep you have left before your busy day begins. Clock watchers should turn the clock away from view at night.
4. **Keep the Bedroom a Sanctuary:** Remove televisions and digital devices (laptops, phones, tablets) and keep the room for peace and relaxation.
5. **Set your Body Clock:** Go to sleep and wake up at the same time every day, including weekends. This will put your brain & body on a healthy sleep-wake cycle and make it easier to fall asleep and sleep soundly through the night.
6. **Don't Toss & Turn:** If you can't fall asleep within 15-20 minutes, move to another room and try reading a calming book. Only when drowsy should you return to the bedroom.
7. **Skip the Smoke:** Nicotine is a stimulant, just like caffeine. While working on your quitting strategy, you may sleep better if you smoke fewer cigarettes in the 3-4 hours before bed.
8. **Keep Pets Out of the Bed:** A pet's movements can prevent you from settling into the deep sleep you need. Fleas, pollen, fur & dander can also trigger sleep-wrecking allergies. Train Fluffy & Fido to sleep happily in their own beds or close the bedroom door.

#### Ideal Evening Snacks

*(Keep portion sizes small and stop eating one hour before bedtime)*

- Cherries
- Bananas
- Milk
- Jasmine Rice
- Fortified Cereal
- Chamomile Tea with Honey

#### Pre-Bedtime No-No's

- Heavy fat-loaded foods
- Protein
- Caffeine
- Alcohol
- Spicy Foods



## Better Sleep Checklist

With these tips under your belt, here is a handy checklist to help put you on the path to blissful, restful sleep. See how many you can check off in the next 30 days!

- I went to sleep and woke up at about the same time every day this week.
- I made my bedroom dark, quiet and comfortable.
- I didn't eat a big meal close to bedtime any night this week.
- When I couldn't sleep, I got up and read a book
- I took the computer and TV out of my bedroom.
- I didn't take a nap today.
- I moved my pet out of my bed.
- I brought up any sleep worries at my last medical check-up.
- I tried to stick to a relaxing bedtime routine most nights this month.
- I didn't drink caffeine before bed any night this week.
- I exercised almost every day this month, but not close to bedtime (with exception of yoga and tai chi).
- I started a worry journal this month.
- I tried to get at least 7 hours of sleep every night this week.
- I didn't drink any alcohol last night.
- I wore sunscreen and spent some time in the sunlight today.



Sources: [www.health.com](http://www.health.com), [www.webmd.com](http://www.webmd.com), [www.bbcgoodfood.com](http://www.bbcgoodfood.com)