

Tips For Healthy Sleep

1. Go to sleep and wake up at the same time.
2. Limit the amount of time sitting awake in bed.
Note: If you can't sleep, get up and do something else.
3. Don't take a nap during the day unless you are working rotating shifts.
4. Avoid exercise just before going to sleep.
5. Begin doing relaxing activities thirty to sixty minutes before going to bed.
Ex: Take a warm bath; Relaxing reading, not related to work or studies; Subdued lighting and soft music; etc.
6. Practice deep breathing and relaxation exercises as you listen to quiet music.
7. Don't look at the clock after going to bed. Don't obsess about it.
8. When intrusive thoughts crowd in, shift thoughts to pleasant memories or recite verses. Your mind can only think about one thing at any moment.
9. Eliminate alcohol, nicotine, and caffeine from your diet. These substances interfere with the ability to rest and in the case of alcohol, while helping ease you to sleep, will often wake you prematurely.
10. Be patient while your body attempts to re-establish normal sleep/wake rhythms.