Helpful Tips for Restful Sleep—

- Keep a regular sleep schedule.
- Go to bed at the same time every night and get up at the same time every morning.
  - Keeping a consistent sleep schedule teaches your body to be sleepy at bedtime and awake in the morning.
- Avoid sleeping in for more than one hour on the weekends.
- Limit stimulating activities close to bedtime.
  - When you do stimulating things at night, it’s hard for your mind and body to calm down and prepare for sleep.
  - Avoid caffeine, stimulating television shows, stimulating video games, stimulating books, or anything else that might wind you up physically, mentally, or emotionally.
- Get regular exercise—it helps in getting good, consistent sleep.
- Don’t exercise too late in the evening.
  - Some people find this will ‘wind them up.’
- Use your bed and bedroom only for sleep or intimacy.
- View and treat your room as a restful place free from stress.
  - For example, don’t use your bedroom as a place to pay your bills or argue with your partner.
- Keep your room as dark as possible at night and at a cool temperature.
- If you can’t fall asleep within 15 minutes, get out of bed and try leaving your room to do a relaxing activity until you feel sleepy.
- If you wake up during the night and are unable to get back to sleep within a reasonable period of time, try getting up and doing a relaxing activity in low light.
- Move your alarm clock away from your bed.
  - Don’t check the clock during the night.
  - Clock watching can lead to worry and anxiety, and make it harder to fall asleep or fall back asleep.