



HOW TO GET SOME SLEEP



SLEEP HYGIENE

Schedule a sleep/wake routine to get your body used to sleep. Wind-down each night before getting into bed. If you can't sleep, get up and do something relaxing in low light and try again.



STAY ACTIVE

Regular daily activity not only keeps you healthy, but helps you sleep at night. Try walks or online activity videos.



GIVE BED A PURPOSE

To create an association between your bed and sleep, reserve your bed for sleep. Work and watch TV somewhere else if possible. Keep sheets fresh and your bed inviting.



NAP CAREFULLY

Napping is tempting when you're tired and home all day. Try and avoid longer naps taken later in the day.



MONITOR DIET

Be careful with the intake of alcohol, caffeine, and sugar. Too much and too late can disrupt your sleep.



USE RELAXATION

Finding ways to relax greatly improves sleep. Breathing, stretching, meditation, music, reading, work for some. Check our site and FB page for expert "Tips from the Team"