

Strategies for a Good Night's Sleep

- No naps during the day
- Get regular exercise but avoid heavy exercise within 3 hours of sleep
- Avoid going to bed hungry, but no heavy meals within 3 hours of sleep
- Have a routine: Go to bed and get up at about the same time every day.
- Use your bed only for sleep or sex (i.e., no t.v., homework, etc.)
- Do something relaxing for one hour before you go to bed (e.g., music, reading)
- Keep bedroom cool, dark and quiet
- If you don't fall asleep within 15 minutes, get out of bed for at least 30 minutes