Tips for Better Sleep

Set a sleep schedule:
- Prioritize your sleep
- Schedule time for you to get enough sleep
- Only make 1-2 hour changes at a time
- Don't overdo it with naps - short, in the early afternoon

Create a nightly routine:
- Be consistent
- 30 minutes wind down time
- Avoid bright lights and electronics
- Get up if you haven't fallen asleep in 20 minutes

Optimize your bedroom:
- Cooler temperatures
- Darkness - use black out curtains or an eye mask
- Reduce bothersome noise - use white noise, earplugs, or a fan

Make healthy daily habits:
- Sunlight exposure
- Physical activity - not too close to bed
- Avoid nicotine
- Avoid alcohol and caffeine later in the day
- Don't eat a lot before bed - opt for a light snack instead

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