

Establish a relaxing bedtime routine that is early enough for you to get at least 7 hours of sleep



Turn off electronics 30 minutes before bedtime



Keep a consistent schedule. Get up and go to sleep at the same time every day even on weekends



Beds are for sleeping, not working or surfing. Leave electronics in another room

Sleep ^{zzzz} Hygiene

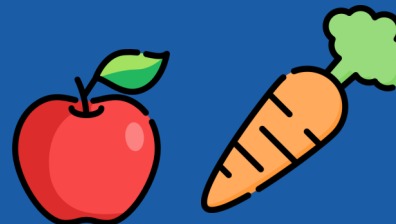


Use a sleep diary



Avoid alcohol, caffeine, and nicotine too close to bedtime

Avoid eating large meals before bedtime. If you are hungry at night, eat a light, healthy snack



Exercise regularly and maintain a healthy diet