

## Healthy Sleep Tips

1. Stick to a sleep schedule of the same bedtime and wake up time, even on the weekends. This helps to regulate your body's clock and could help you fall asleep and stay asleep for the night.
2. Create your best sleep environment:
  - Dark, cool room (60-67 degrees)
  - Comfortable blankets and pillows
  - Loose fitting clothing/nothing restrictive
  - Quiet space with no distractions
  - Consider all 5 senses
3. Avoid:
  - Alcohol and nicotine close to bedtime
  - Large meals for 2-3 hours before bedtime
  - Limit caffeine
  - Naps
  - Screens/electronics in bed
  - Lying awake in bed too long
4. Exercise Daily: at least 30 minutes a day for better quality sleep
5. Create a relaxing bedtime routine
  - Turn off electronics & TV one hour before bedtime
  - Consider a hot bath
  - Massage
  - Breathing
  - Progressive muscle relaxation
  - Reading
  - Yoga
6. Sleep Aids
  - Aromatherapy: lavender, vanilla, jasmine
  - Massage
  - Hot tea: chamomile
7. Light bedtime snack if hungry
  - 45 minutes before bed
  - Include tryptophan, whole grain carbs, calcium, and/or magnesium:
    - Cream cheese turkey, cucumber wrap
    - Half banana with handful of almonds
    - Small mug of warm milk
    - Small bowl of whole grain cereal with milk
    - Yogurt parfait