

Tips to Improve Sleep

- Use Optimal window based on your biological clock
- Keep consistent sleep schedule, stay away from credit line
- Have a “wind-down” period in the evening (dim light, quiescent activities)
- Cool down before going to sleep (bath, cooling pad)
- Don’t go/stay in bed when don’t feel sleepy
- Don’t ever check the clock or your phone if you can’t fall asleep
- Do NOT have a phone next to your bed at all!
- If you must have your phone next to your bed - NEVER check it in the middle of the night
- Have a notepad and a pen next to your bed: too many plans/thoughts – write it all down
- Have a “wake-up” routine in morning (bright light, stimulating activities)
- Get as much sunlight as possible during the day
- Eat right and on a schedule
- Avoid Caffeine and Alcohol especially closer to bedtime