

# Tips for a Good Night's Sleep

If you're having trouble falling asleep or staying asleep, here are a few things to try:

## 1. Start a bedtime routine

Relaxing activities like reading a book or taking a warm bath can help you to transition from being awake to drowsiness. Aim to go to bed and wake up around the same time each day to get into a routine.

## 2. Turn off your screens (such as your phone, TV and laptop) at least 30 minutes before bedtime

The light from screens can stop your brain from producing the sleep chemical melatonin, which is important in helping you get to sleep.

## 3. Be physically active each day

Regular physical activity improves restful sleep. This might mean going to the gym, walking around the block at lunchtime or playing a sport.



## 4. Make your bedroom as restful as possible

Keep the temperature cool, keep noises and outside light to a minimum, and leave distracting things such as beeping watches or clocks outside. Avoid associating your bed with anything other than sleeping.

## 5. Don't stay in bed if you are awake

You can't force yourself to sleep. If you do not fall asleep at a reasonable time, perhaps 20 to 30 minutes, then get up and do something relaxing in another room. When you are tired, go back to bed. This helps your mind associate your bed with sleeping.

## 6. Be comfortable and relaxed in bed

Some people find techniques such as relaxation therapy, cognitive behavior therapy and mindfulness meditation help them to sleep.

## 7. Watch what you eat and drink before bed

Alcohol: Alcohol causes fragmented sleep and worsens snoring and sleep apnea. It also causes more trips to the bathroom.

Caffeine: Try to avoid caffeine entirely after lunch time.

Food: Don't go to sleep too hungry or too full, the discomfort can affect your ability to get to sleep.

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## 8. Aim to exercise earlier in the day

Exercising immediately before going to bed can keep you awake.

## 9. Quit smoking

Smoking can interfere with restful sleep.

## 10. Take medications as directed

Don't rely on sleeping tablets to help you sleep, as they are a temporary fix. Sleeping tablets have many side effects and may not give good quality of sleep.

## 11. Seek out peace and quiet

If you have a noisy home or neighborhood, consider a white noise machine or ear plugs.

## 12. Resist napping

Naps can disrupt your sleep/wake cycle and make it hard to fall asleep when you want to go to bed. If you need to nap, keep them short. Aim to nap for only 15-20 minutes.

## 13. Create a bed that you love

Make sure you have a comfortable pillow, mattress and bed clothes.



## 14. Consider keeping a sleep journal

Write down a few things you are grateful for today to create a calming emotion for a better, healthier sleep.

## 15. Hydrate early in the day

This will help to avoid getting up in the middle of the night to use the restroom.

## 16. Mindful Meditation can help you fall asleep faster and relax you for a more restful sleep

Counting down, abdominal breathing and guided imagery are all examples of mindful meditation.

## 17. Talk to your healthcare professional

Having chronic pain, menopause, sleep apnea and depression can interfere with healthy sleep.

*\*If you feel that you are struggling to get a full night sleep please contact your health care provider for a medical consultation.*