

Practice Healthy Sleeping

Make sure your sleep environment is dark, quiet, cool, and comfortable

Use the bed only for sleep; keep the bedroom free from distractions like television, computers, and work

Go to bed at the same time every day, including weekends

Establish a relaxing bedtime routine: take deep breathes, stretch, or do something calming before bed

Avoid caffeine (coffee, tea, cola, chocolate) before bed. These substances can keep you awake or lead to disrupted sleep later in the night

Don't eat a big meal before bedtime (but don't go to bed hungry, either)

Exercise regularly, but finish a few hours before bedtime

Limit napping to 20–30 minutes, or eliminate it altogether