Healthy Sleep Tips

SELF REGIONAL
H E A L T H C A R E

SLEEP DISORDERS CENTER

- Maintain a regular bed and wake time schedule including weekends.

- Establish a regular, relaxing bedtime routine.

- Create a dark, quiet, comfortable and cool sleep environment.

- Sleep on a comfortable mattress and pillow.

- Use your bedroom only for sleep, not work or other stressful activities.

- Finish eating at least 2 to 3 hours before your regular bedtime.

- Exercise regularly. It is best to complete your workout at least a few hours before bedtime.

- Avoid caffeine, nicotine and alcohol close to bedtime. They can disrupt sleep later in the night.

- If it will disrupt your sleep later at night, avoid napping.