



# TWENTY TIPS

## to Fall Asleep Faster *and* Stay Asleep Longer

### BEDROOM

- Block out distracting noises
- Set the thermostat at 60-70 degrees
- Keep it dark with an eye mask or blackout shades
- Limit how often your pet sleeps in the bed

### FOOD AND DRINK

- Finish dinner a few hours before bedtime
- Avoid caffeine in the afternoon and evening
- Limit liquids before bed to avoid bathroom trips
- Avoid acidic foods which can cause heartburn
- Limit alcohol in the evening for deeper sleep
- Avoid large, heavy meals in the evening

### EXERCISE

- Get daily aerobic exercise
- Allow 4 hours to cool down before bedtime

### DEVICES

- Avoid devices with screens 1-2 hours before bedtime
- Use a display filter that reduces blue light
- Track your sleep and learn from your sleep log

### BEDTIME

- Finish important tasks so you don't dwell on them
- Diffuse an essential oil like jasmine or lavender
- Take a shower or bath with Epsom salt
- Practice deep breathing to help clear your mind
- Go to bed at the same time every night to set your internal clock