

Getting a good night's sleep

Go to bed and get up at the same time every day.

A predictable schedule sets your circadian rhythm—or “body clock”—which, in turn, helps control your levels of sleepiness and wakefulness.

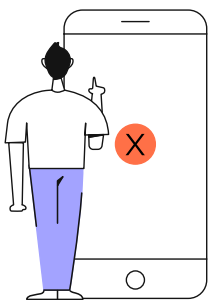


Create a sleep routine.

A daily routine, such as a bath or some light reading in the evening allows you to wind down before bedtime. Also be sure your bedroom is quiet, dark, and comfortable.

Avoid or limit nicotine, caffeine, alcohol, and foods that may keep you awake.

Caffeine and nicotine are stimulants that make it harder to sleep. Alcohol interferes with sleep quality. Avoid foods that may upset your stomach.



Deal with stressful tasks earlier in the day.

It may be harder to relax and go to sleep if you do demanding tasks like paying bills just before bedtime.

Limit electronics at bedtime.

Electronics require focus and will heighten your level of wakefulness. The screens also emit blue light, which has been found to disrupt sleep. Have a last check-in, then turn your devices off and don't bring them to bed.