

THINGS YOU CAN DO TO SLEEP BETTER

- **Exercise during the day.** Exercise is also a natural stress reliever.
- **Keep your bedroom** at a comfortable sleeping temperature.
- **Follow a pre-sleep ritual** such as brushing your teeth or reading in bed.
- **Try to go to bed and get up** about the same time every day, including weekends.
- **Limit your “bed” activities** to sleep. Don’t use the bed as your second office, or where you watch most of your TV.
- **Give yourself some “worrying” time** during the day so you won’t do it at night.
- **Don’t eat a heavy meal** too close to bedtime, especially one that might cause you heartburn. (If you do get heartburn, prop yourself up with several pillows or raise the bed slightly to let gravity do its work.)
- **Stay away from alcohol, caffeine, and nicotine** several hours before bedtime. Alcohol will *disrupt* your sleep, and caffeine and nicotine are stimulants that will *prevent* you from falling asleep.
- **Make sure your mattress, pillow, and sleepwear** are all comfortable. If you are waking up with a sore or stiff neck, you might want to try a specially shaped pillow that allows your back, neck and head to stay aligned (in a neutral position) throughout the night.
- **Wear ear plugs or a sleeping mask** to block out light and noise.



COMMON-SENSE STRESS-RELIEVERS

- If what you’re doing isn’t working, try something else.
Work smarter, not harder.
- Challenge yourself to slow down and be more productive.
Be less busy and more effective.
- Learn something from someone with whom you disagree.
What you focus on becomes your life.

Do things simply and appreciate each new day!