

Tips for Getting Good Sleep

Set a schedule- try to go to bed at the same time each night and wake up at the same time each morning. This includes weekends.

Be careful with naps- limit naps during the day to less than 30 minutes, and don't nap any later than right after lunch.

Have a bedtime routine- spend about 30 minutes to an hour before you fall asleep preparing for sleep. This includes **turning off devices** (or at least turning them to nighttime mode to decrease exposure to blue light), dimming lighting, and doing more relaxing activities such as reading a book or taking a bath.

Watch your caffeine intake- Avoid caffeine at least 4 to 6 hours before bed. One cup of coffee can affect sleep for up to 48 hours.

Limit alcohol use- It may seem that alcohol helps people fall asleep, however it actually interferes with sleep quality, leaving one tired or unrested.

