

Tips for Better Sleep

Identify What's Keeping You Awake

Common causes of sleep issues include:



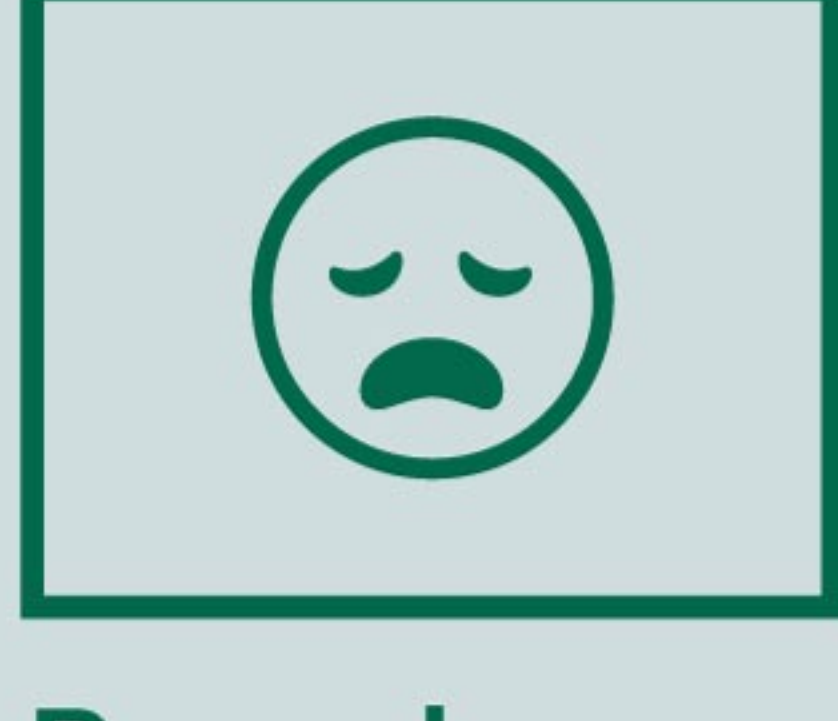
Mental health



Certain medications



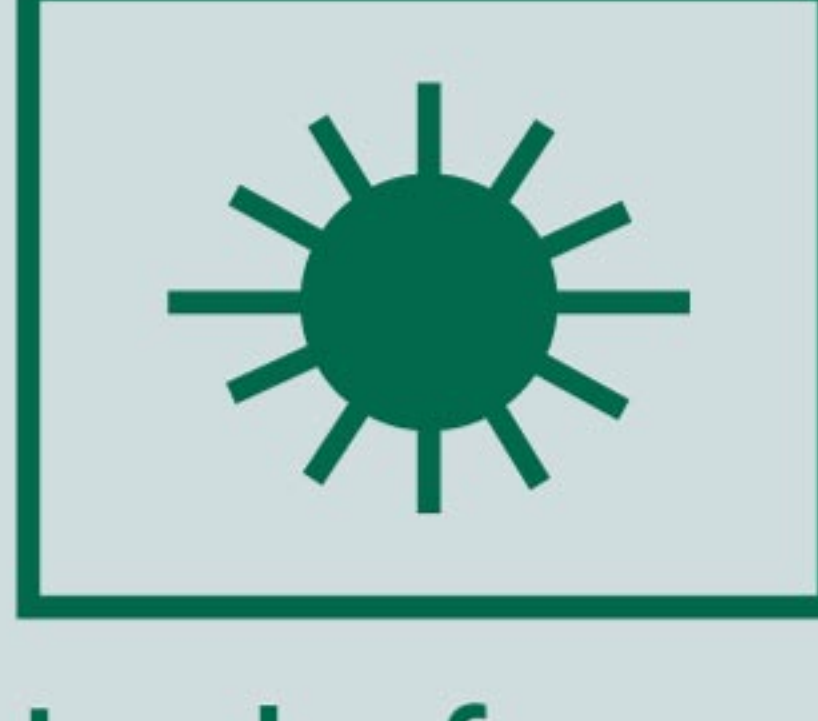
Health conditions



Poor sleep environment



Lack of exercise



Lack of sunlight



Sleep disorders

Maintain Mental Wellness

Ways to keep your mind at peace:



Light exercise



Journaling



Meditation



Speak with a therapist



Practice coping mechanisms

Practice Consistency

Fall asleep and wake up at the same time daily, even on weekends or vacations.



Create a Soothing Bedtime Routine

Help your body to relax with bedtime routines like:



- 1 Warm tea before bed
- 2 Meditation
- 3 Deep breathing
- 4 Yoga
- 5 Taking a bath

Comfortable Sleep Environment

Some factors to consider:



Temperature:

Keep temperature moderate. Layer covers as needed.



Noise:

Too loud or too quiet can keep you awake.



Light:

Limit light while sleeping, including blue light from nearby devices.

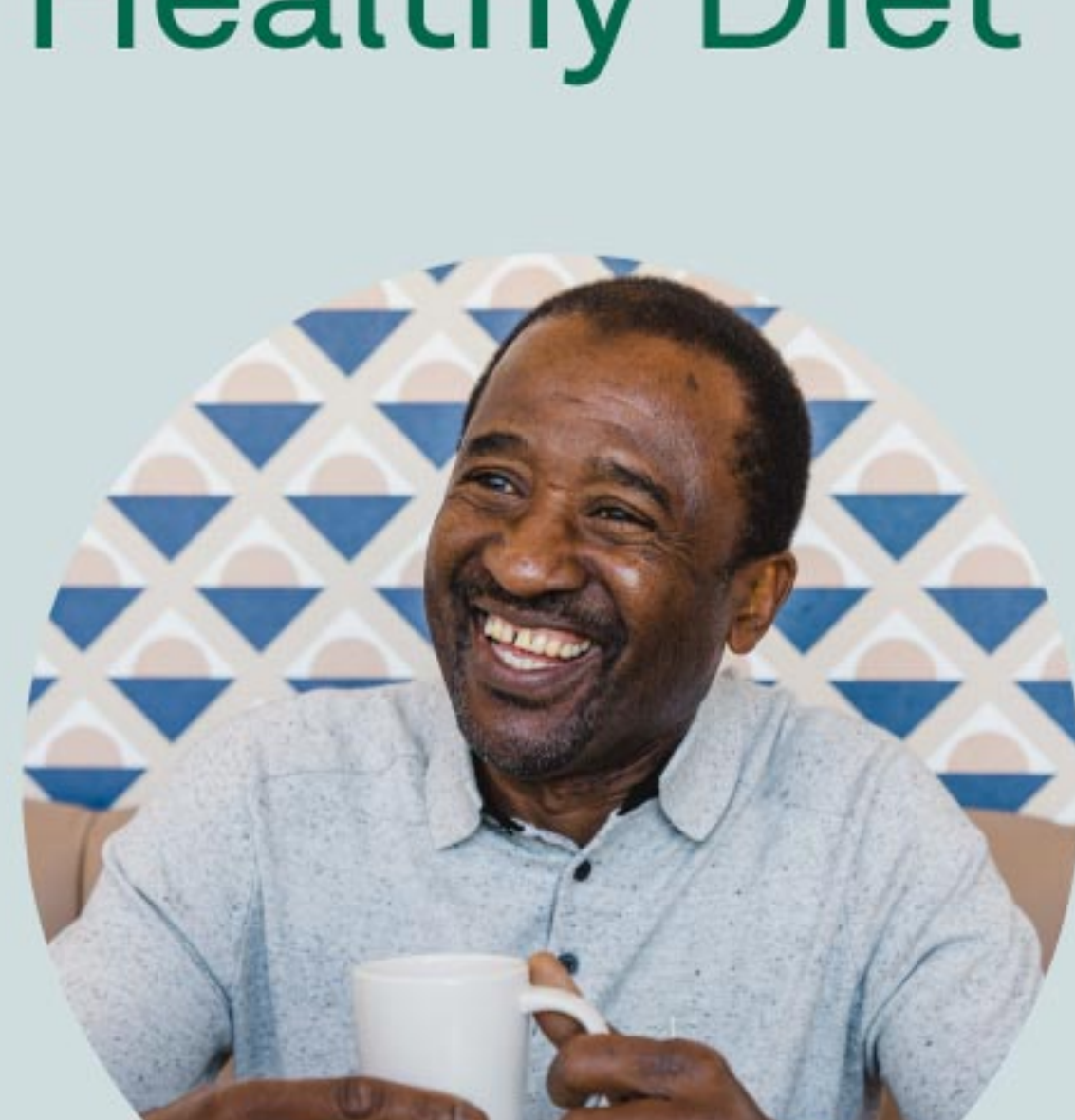
Avoid Naps

Naps can disrupt a sleep cycle, but if you must nap then:

- Nap in a room with little light and noise.
- Nap early in the day.
- Nap for about 15-45 minutes to avoid feeling groggy.



Healthy Diet



- Avoid caffeinated drinks before bed.
- Avoid alcohol close to bedtime.
- Avoid drinking fluids 1.5 hours before bed.



- Avoid spicy snacks before bed.
- Avoid foods high in sugar and refined carbs.



- Don't go to bed hungry.
- Try to eat dinner 3+ hours before bed.