Healthy Sleep Habits

Develop proper sleep habits to ensure you wake up rested and ready for the day ahead. Our sleep providers and other licensed staff recommend the following tips for an uninterrupted night.

1. **Establish a regular schedule**. Go to bed and get up at the same time each day.

2. **Have a comfortable bed and bedroom**. The room should be slightly cool, dark, and quiet.

3. **Use your bedroom for bedroom activities only**. Keep work materials, computers, and televisions out of your sleeping environment.

4. **Start a relaxing bedtime routine**. Bath/shower, music, yoga, and/or meditation.

5. **Avoid heavy meals late in the evening**. Finish eating two to three hours before your regular bedtime.

6. **Avoid caffeinated drinks before bed**. Skip the coffee, tea, and soda after 12pm.

7. **Avoid alcoholic beverages, especially after dinner**. Consuming alcohol can lead to disrupted sleep.

8. **Soak up the sunshine**! Aim for 30 minutes of daily sunshine (be sure to wear sunscreen!).

9. **Get out of bed if you can't sleep**. Go to another room to relax with music or a book until you are sleepy.

10. **Put away electronic devices at least one hour before bedtime**. Using devices disrupts your circadian rhythm and interferes with sleep.