

Don't Take Sleeplessness Lying Down

Research shows that most of us aren't getting enough sleep in today's fast-paced, high-stress society. To reach your full potential, the right amount of sleep every night is essential. Here are some methods to help you sleep better:

Pre-sleep Practices:

- **Exercise regularly.** Keep in mind that while regular exercise is good for you overall, exercising just before bedtime makes it harder to fall asleep.
- **Avoid alcohol, caffeine, and nicotine,** particularly in the afternoon and evening. Alcohol often leads to restless sleep, while caffeine and nicotine are stimulants that make it difficult to sleep.
- **Don't nap,** especially if you have trouble sleeping at night.



Bedtime Practices:

- ⌚ **Create a bedroom environment conducive to sleep.** The best environment is cool, dark and free of noise.
- ⌚ **Use the bedroom only for sleep.** Your mind associates different environments with different activities. Don't read, work, or even watch TV in bed.
- ⌚ **Establish a regular routine.** It's important to accustom your body to a regular sleep and wake time, as well as a regular bedtime routine.
- ⌚ **Read a relaxing book or listen to relaxing music.** Ease yourself into sleep. Remember to do these activities outside of the bedroom.
- ⌚ **Take a warm bath.**
- ⌚ **Write down stressful thoughts.** If there are problems weighing you down and making it difficult to fall asleep, write them down so you can put them aside for the night.
- ⌚ **Don't force it.** If you can't fall asleep, get out of bed, leave the room, and do something relaxing until you feel sleepy again. Don't stress yourself out by obsessing over the fact that you can't sleep.