

Sleeping Hygiene101 ZZZ



- **Avoid Caffeine.** It can take eight hours to wear off.
- **Limit alcohol at night.** You can fall asleep faster, but alcohol cuts the time you spend dreaming and in deep sleep.
- **Unplug.** Avoid bright lights, the phone, the computer or tablet, and the TV for an hour before bed.
- **Set bedroom boundaries.** No eating, reading, TV viewing, etc.
- **Reduce noise.** Avoid falling asleep to music or the TV. If necessary, use a white noise machine or a fan for soothing sounds.
- **Stick to a schedule.** Aim for a regular bedtime and rising time. Avoid naps after 3 p.m.
- **Adopt a routine.** A regular pre-bedtime routine helps the brain recognize that it's time to go to sleep.
- **Avoid big meals late at night.** They may cause indigestion.
- **Try a hot bath before bed.** Afterwards, your body temperature drops. That may trigger sleep.
- **Keep the bedroom cool.** Cool temperatures are more comfortable to sleep in.
- **Check your meds.** Some medicines for coughs, colds, or allergies can keep you up.