

## **Restorative Sleeping Tips**

- 1) Stay away from caffeine, alcohol, nicotine and other harmful chemicals that will disrupt your sleep
- 2) Make your bedroom a sleeping habitat. A cool (60-75 degrees F), dark environment increases restorative sleep
- 3) Limit bedroom activities to sleep and sex. Keep laptops, computers, TVs and anything work related out of the bedroom
- 4) Create a pre-bedtime ritual such as bathing, reading your favorite book, and relaxation exercises
- 5) Avoid stressful situations or emotional issues before bed
- 6) Go to sleep when you're tired
- 7) Don't watch the clock. If you're having trouble falling asleep, watching the clock which will induce anxiety and increase cortisol
- 8) Keep a consistent sleep schedule
- 9) Take early naps or don't nap at all
- 10) Avoid late-night meals light and foods that cause indigestion
- 11) Drink enough water to quench your thirst but not so much that you'll need a midnight bathroom run
- 12) Exercise early in the day