

Helpful Hints for Good Sleep

If people are having trouble sleeping, this is a list of some helpful hints to improve sleep habits:

- Reduce stimulants (e.g., tea, coffee, chocolate, cigarettes) that interfere with the quality of deep sleep.
- Reduce factors that might arouse you from sleep including external noise, having an uncomfortable bed, or experiencing extremes of temperature. Ear plugs are okay to use.
- Try to exercise (ideally at a level that causes you to sweat) at least 4–6 hours before going to bed.
- Get plenty of morning sunlight. Morning sunlight can help regulate your sleep–wake cycle.
- Make sure that medical problems that can interfere with sleep, such as asthma, heartburn, angina, arthritis, pain, or breathlessness are under control.
- Take a hot shower or bath before bed. Because your body temperature peaks during the daytime and falls during sleep, we tend to fall asleep as our body temperature begins to fall.
- Get out of bed at the same time each day.
- Avoid eating a large meal before going to bed. A drink high in carbohydrates with milk (which contains tryptophan) may help induce sleep, whereas high-protein foods may induce wakefulness.
- Avoid napping during the daytime.

Exercise Helps You Sleep

How Does Sleep Affect Physical Activity?



Exercise helps
you **sleep well.**

Thirty minutes of daily
physical activity can
improve your sleep and
give you more energy.

