

# The Road to Better Sleep

- Have a sleep schedule.
- Create a quiet, dark and relaxing sleeping environment.
- Relax before bed.
- Take a hot bath.
- Exercise regularly.
- Practice relaxation techniques.
- Don't take naps after 3 p.m.
- Get out in the sun for 30 minutes/day.
- Don't lie in bed awake.
- Modify attitudes and beliefs that may contribute to poor sleep.
- Try side sleeping.
- Avoid caffeine and nicotine 3-4 hours before bed.
- Avoid alcoholic drinks before bed.
- Avoid large meals and beverages 2-3 hours before bedtime.
- If possible, avoid medicines & herbal remedies that delay or disrupt your sleep.



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