

TIPS TO HELP YOU SLEEP BETTER

1. Try to go to bed at the same time every night and get up at the same time every morning. Even on weekends if possible.
2. Your bedroom should be reserved for sleeping and having sex only. Avoid eating, reading, talking on or using the phone, using a computer, or watching television in the bedroom.
3. Avoid use of any kind of technology, including the television, one hour before going to bed. The light emitted from technology causes your brain to think it is still day time.
4. Avoid the use of alcohol, especially in the evening. Alcohol can interfere with sleep.
5. Avoid caffeine after 1p.m.
6. Exercise. More studies are showing that regular aerobic exercise no fewer than four hours before bedtime improves sleep.
7. If you have trouble relaxing when you're in bed and if your mind tends to race, try focusing on your breath only. Take a few deep breaths in and out and bring your attention to it. After that, if your mind wanders, just gently bring your attention back to your breath. And don't worry if this is a bit difficult at first. There is no perfect method for relaxing this way.
8. Avoid keeping any pets in the bedroom at night, unless you keep them in a pet carrier that is big enough for them, and unless they don't interrupt your sleep.
9. Remember that getting a good night's sleep involves coming up with those practices that work for you. If none of these tips are helpful to you, think about those things that do help you sleep, experiment with things, and use what works for you – as long as it works.