



# TOP TIPS FOR

# Better Sleep...

## ROUTINE

Just like babies, you can also benefit from a good night time routine to prepare your mind and body for sleep. Brushing and flossing your teeth, massaging skin lotion onto your body and setting your alarm clock may all be part of your bedtime routine. You should perform these activities in the exact same manner and order every night to help your mind begin to anticipate sleep.

## SWITCH OFF

It's a good idea to turn off all of your electronic devices a while before you go to bed for an uninterrupted night's sleep. It's even more important with those that emit blue light (which suppresses melatonin production which can reduce your ability to get to sleep.) You need about an hour after turning off your devices for your body to respond. No more scrolling social media in bed!

## RELAXATION

It's no secret that relaxation techniques before bedtime can help us sleep better. There are many different styles of relaxation that work to promote sleep - studies have shown that they can be really effective. Try some of our progressive relaxation techniques when you get into bed to help you nod off.

## REDUCE STIMULANTS

As any coffee lover knows, caffeine is a stimulant that can keep you awake. It is best to avoid caffeine (found in coffee, tea, chocolate, cola, and some pain relievers) for four to six hours before you head to bed. Although alcohol may help bring on sleep, after a few hours it acts as a stimulant, generally decreasing the quality of sleep later in the night.

## RESTFUL BEDROOM

A quiet, dark, and cool environment can help promote sound sleep. To create this, lower the volume of outside noise with earplugs, use blackout curtains/blinds or an eye mask (to block light) and make sure you have a comfortable mattress and pillows.

## EXERCISE

Exercise can help you fall asleep faster and sleep more soundly—as long as it's done at the right time. Exercise stimulates the body to secrete the stress hormone cortisol, which helps activate the alerting mechanism in the brain. This is fine, unless you're trying to fall asleep. Try to finish exercising at least 2 hours before bed or work out earlier in the day.

*If you can't sleep... GET UP!*

If you can't sleep, don't just lie there worrying about it. Get up and do something you find relaxing until you feel sleepy again, then go back to bed.

