



# 10 TIPS FOR HEALTHY SLEEP

Getting enough sleep improves your overall health. These tips can help you sleep better.

- 1 Get up at the same time every day... and get up early.** Doing this every day, even on weekends, sets your biological clock. It's the most important change you can make to improve your sleep!
- 2 Exercise! ... But not right before bed.** Exercise stimulates us, which can make it hard to sleep afterwards. Avoid exercise 2 to 3 hours before bed.
- 3 Avoid late naps.** Napping late in the day can disrupt your nighttime sleep. If you do nap, do so before 2:00 p.m.
- 4 Only go to bed when you are sleepy.** Going to bed before you are drowsy is a common mistake. Only go to bed when you're tired enough to fall asleep within 15 minutes.
- 5 Create a bedtime routine.** Create a routine that lets you get everything done an hour before bed and then wind down gradually.
- 6 Relax before going to bed.** Your body needs to be relaxed to fall asleep. Plan an hour of calming activities, like meditation, colouring, or reading before you sleep.
- 7 Take racing thoughts to another room...** Rather than stay in bed, take your worries to a comfortable place where you can sit and relax.
- 8 ...And clear your mind.** To help to clear your mind, write down what your worry is, how you will address it, and when you will do it.
- 9 Talk to your doctor about snoring.** Snoring can be a sign of obstructive sleep apnea. If you do snore, talk to your doctor.
- 10 Use your CPAP device.** If you do have obstructive sleep apnea, make sure you use your CPAP device! Untreated obstructive sleep apnea damages your brain and heart.