



*Here are some tips to ensure a good night's sleep!*

- Maintain a regular bed and wake time schedule, including weekends.
- Establish a relaxing bedtime routine such as listening to peaceful music, relaxation exercises or reading a book.
- Keep your bedroom dark, quiet and a little cooler.
- Use your bedroom for sleeping and sex only. Get rid of the TV and computer!
- Sleep on a comfortable mattress and pillow.
- Finish eating at least two to three hours before your regular bedtime.
- Exercise regularly. It is ideal to complete your workout at least a few hours before bedtime.
- Try to shorten or eliminate your naps.
- Avoid all forms of caffeine (e.g. coffee, tea, cola beverages, chocolate) six to eight hours before bedtime. Also, avoid consuming alcohol and nicotine close to bedtime- it is best to quit smoking!
- Check with your doctor before using over-the-counter medications that may help you fall asleep, since they may cause side effects.

*My Sleep Diary*

<b>Date</b>	<b>Sleep Information and Notes</b>