

Tips for improving your sleep

Circle one or two that sound helpful.

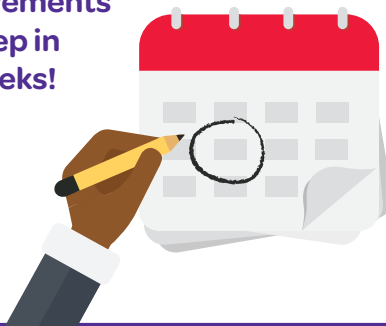
- ✓ **Limit use of caffeine and alcohol.**
- ✓ **Avoid smoking** or using other nicotine products close to bedtime or during the night.
- ✓ **Exercise regularly**, but not close to bedtime.
- ✓ **Keep the bedroom quiet, dark, and cool.**
- ✓ **Try a light bedtime snack** such as milk, peanut butter, or cheese.
- ✓ **Try some relaxation techniques.** You might find apps like Calm or Insight Timer helpful for audio-recorded relaxation exercises.



MY GOAL FOR THIS WEEK

Keep a sleep diary while you are working on your sleep habits to monitor your progress!

Research shows that people who regularly use these approaches start to see improvements in their sleep in just 2-3 weeks!



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Improving My Sleep



CHANGE that MATTERS
Promoting Healthy Behaviors

My plan to improve my sleep

Getting regular sleep has many benefits:

- Improved mood
- More energy
- Better physical health

Making changes to your daily routines is the best way to ensure you get enough rest.



1. Select a regular wake-up time.

Set an alarm and get up at the same time EVERY day, regardless of how you slept. Don't hit snooze or lay in bed after you wake up.

My wake time is: _____

2. Use the bed ONLY for sleeping

(and sexual activity). Do not read, eat, watch TV, or use a phone or computer in bed.

3. When you can't sleep (after about 20-30 minutes), get out of bed and go to another room. Do something relaxing. When you feel sleepy, get back in bed. Repeat as often as needed.

When I can't sleep, I will:

4. Avoid worrying or planning in bed.

If your mind becomes very active, get up and try tip number 3.

5. Avoid all daytime napping and dozing.

6. Do something relaxing for about one hour before bed every night. Being very active right before bed can make it hard to fall asleep.

Starting at _____, I will do the following activities to relax before bed:

7. Go to bed ONLY when you are sleepy, but not before your recommended bedtime.

You should only spend the amount of time in bed that you actually need for sleep.

The earliest time I will go to bed is: _____

Changing your routines can be hard! Why is it important to you to sleep better?

What might get in the way of trying these new strategies?

What can you do to overcome these barriers?

Who can help you improve your sleep?

