ONE WEEK TO BETTER SLEEP

BETTER SLEEP = BETTER HEALTH

DAY 1
CREATE A BEDTIME ROUTINE
Establish a consistent bedtime and wake time that allows for 7 to 8 hours of sleep. Next, treat yourself to whatever relaxes you: take a hot bath, read a book, meditate or practice mindful breathing.

DAY 2
MAKE YOUR BEDROOM A SLEEP HAVEN
Set the stage for a restful night by keeping your bedroom dark, quiet and cool. Choose comfortable bed clothes, sheets, blankets and pillows, and reserve your bedroom for two things only: sleep and sex. Reading, watching TV and scrolling social media should be done in another room.

DAY 3
TURN IT OFF!
Blue light from screens can keep your mind running and prevent you from falling asleep. Shut off all electronics at least one hour before bedtime, and don't bring them into the bedroom.

DAY 4
AVOID FOOD, CAFFEINE & ALCOHOL BEFORE BED
Plan for an earlier dinner and avoid eating large meals for two hours before bedtime, because feeling full can interfere with sleep. Alcohol and caffeine can also cause problems. Caffeine will keep you awake, and although alcohol may initially be relaxing, it can cause you to wake during the night.

DAY 5
GET UP AND GET OUT
Getting into natural light within one hour of waking can make you feel refreshed during the day and help set your body's internal clock.

DAY 6
BETTER DAYS LEAD TO BETTER NIGHTS
Plan your day with exercise in the morning or early afternoon, and you may sleep better at night. Try to avoid daytime naps but if you need some rest, limit yourself to a 30-minute nap early in the day.

DAY 7
KEEP A SLEEP DIARY
Record your activities for 7 days and look for patterns in your sleep and wake times, eating and drinking, and sleep quality. A week's worth of details can help identify where to make changes to improve your sleep.

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