

SLEEP HYGIENE

Effective tips to establish healthy sleeping habits

Stay clear of stimulants late in the day

Avoid beverages and foods that contain caffeine.



Exercise Regularly

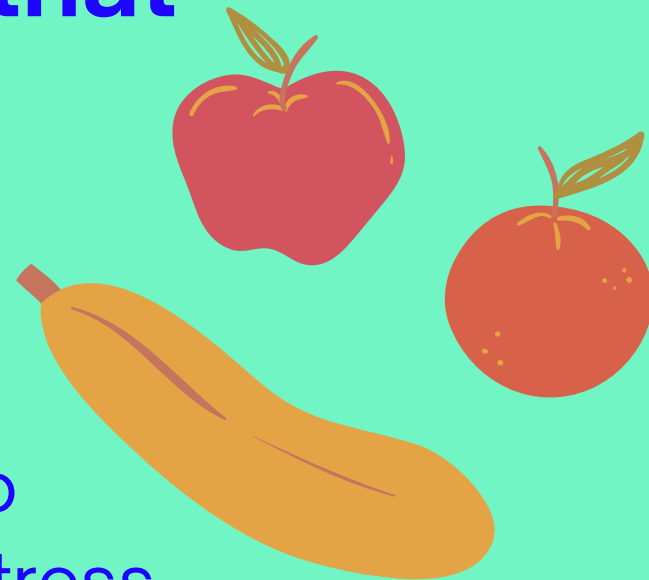
A regular exercise routine can help contribute to improved sleep.



Avoid foods that can disrupt sleep

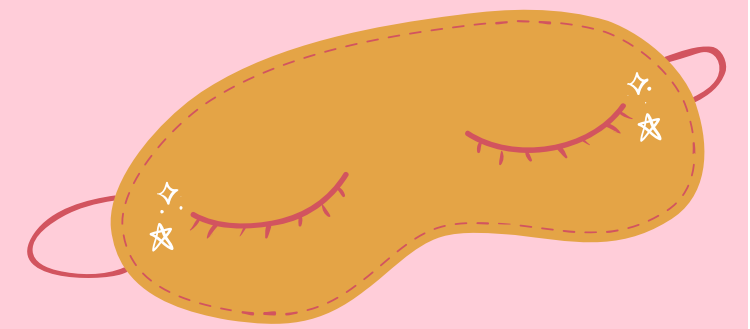
Eating too close to bedtime can put stress on your digestive system.

Try to stop eating at least 2-3 hours before going to bed and avoid spicy, greasy, sugary or acidic foods which can cause heartburn and reflux.



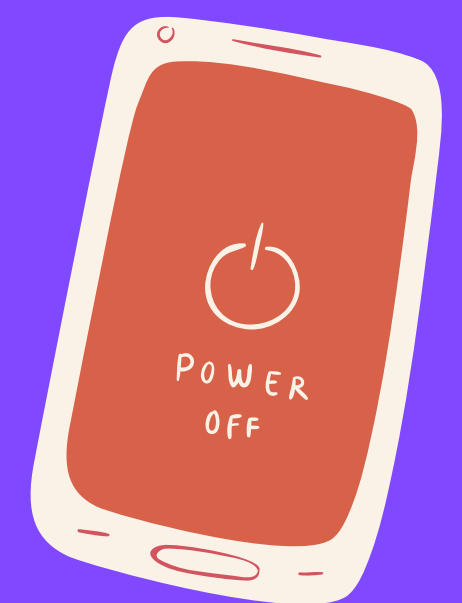
Stick to a consistent sleep schedule

Going to bed and waking up at the same time every day.



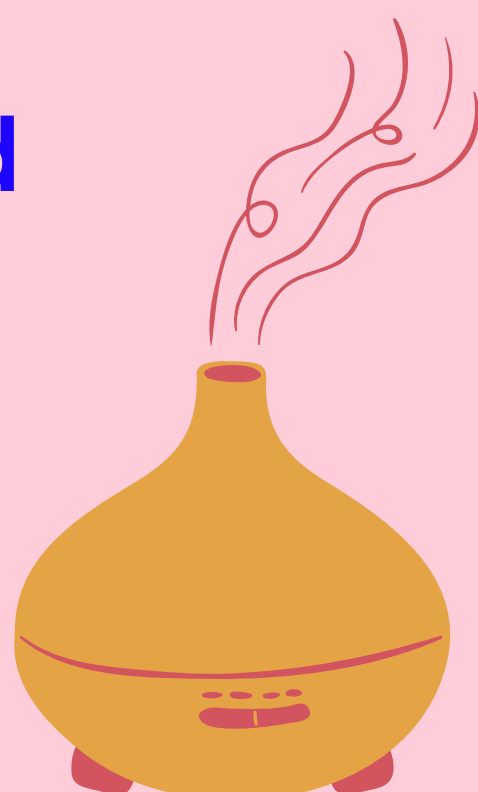
Unplug an hour before bed.

Keep screen use to a minimum, at least an hour before bed.



Keep your room cool and comfortable

Ideal room for sleeping is cool, quiet, and dark.



Create a relaxing bedtime/pre-bedtime routine

Any relaxing activity about an hour before bed helps create a smoother transition.

