

# Sleep Tips

- Try to maintain a regular bedtime routine, i.e. reading a book or listening to music.
- A regular bedtime is necessary as well as a wake time schedule all days of the week.
- A dark, quiet and cool environment is necessary to maintain a sleep-conducive environment.
- No alcohol close to bedtime is important.
- Avoiding caffeine close to bedtime. This disrupts sleep by keeping you awake.
- Avoid cigarette and tobacco products for a few hours before bedtime.
- You shouldn't eat 2-3 hours before bedtime.
- Sleeping on a comfortable mattress and pillow is key to a good night's rest.
- The bedroom should be allocated to sex and sleep only. Any outside activities should be taken out of the sleeping environment.
- Exercise regularly, but complete your workout at least three hours before bedtime.
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- Naps are a great way to boost energy during the day. A short nap cannot make up for a lost night of sleep, but a 20 to 30 minute nap can improve alertness, memory, and briefly reduce the symptoms of fatigue.