



19. Use your bed for sleeping or relaxing.

Find another place to balance your checkbook, watch TV or catch up on work.



20. Take a warm bath 90 minutes before bedtime. It will relax you and lower your body temperature, which helps in falling asleep.

21. Unwind your mind. Keep a pen and paper next to your bed. Write down any worries or tasks for tomorrow. Then let those thoughts float away.

22. Learn new ways to relax. Try deep breathing, progressive muscle relaxation or visualization to help you release stress and feel sleepy.

23. If you don't fall asleep in 15 to 30 minutes, get up and do something else. Go back to bed when you feel sleepy.

24. Don't rely on over-the-counter or prescription sleeping pills.

If you are using sleeping pills regularly, talk to your health care provider about other options.



25. If daily stress interferes with your sleep, consider a stress-management program. Ask your health care provider for a reference.



25 Ways to Get a Better Night's Sleep



Sleep is as necessary as food and water. A good night's sleep can help you feel better and do your best at both work and play. Look inside to learn more about what you can do to get a better night's sleep.

This pamphlet is not a substitute for professional medical care. If you have questions or concerns, please talk with a health care provider.

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Do you have trouble falling or staying asleep? Do you wake up feeling tired? You are not alone. At least 40 million Americans have ongoing sleep problems. Another 20 million have trouble sleeping now and then. If a good night's sleep is something you dream of, these tips can help.

1. Recognize that sleep is as important as food or water. Restful sleep can improve your mood, energy and ability to handle stress. It can strengthen your immune system for better resistance to disease.

2. Learn how much sleep your body needs.

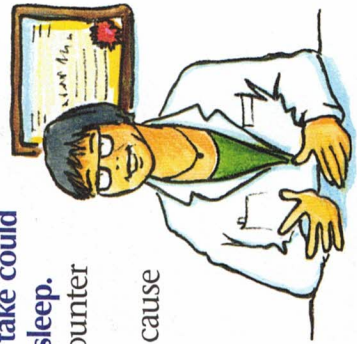
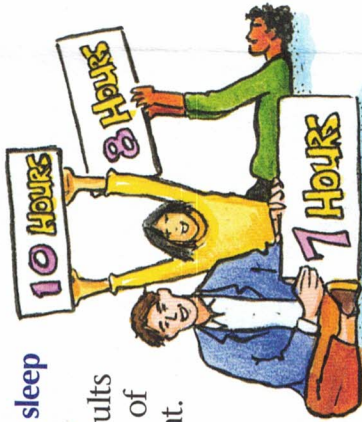
Most healthy adults need an average of 8 hours per night. You may need more or less.

3. If you are dealing with

pain, talk to your health care provider. Pain is one of the leading causes of sleep problems.

4. Ask your doctor or pharmacist if medication you take could

be affecting your sleep. Some over-the-counter and prescription medications can cause sleep problems.



5. Go to bed at about the same time each night. Just as your body knows when to get hungry, your body will learn when to get sleepy.

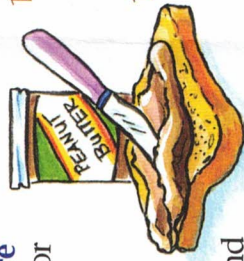
6. Get up at the same time each day. Resist the urge to sleep late on weekends. Just a few days of going to bed late and sleeping late will make it harder to get a good night's sleep.

7. Make sleep a priority. Don't make plans with friends or try to catch up on work when you should be sleeping.

8. Turn off screens before bedtime. Light from TV, computer screens and e-readers may delay the body's release of the hormone that makes you feel sleepy. Read a paper book or an e-reader that is not backlit.

9. Don't eat a big meal right before bedtime. Wait several hours for your food to digest before going to bed.

10. If you are hungry at bedtime, have a light snack. Try a piece of toast with peanut butter and a cup of herbal tea or warm milk.



11. Avoid caffeine in coffee, tea, cola or chocolate in the afternoon and evening. Caffeine can interfere with your sleep for up to 8 hours afterward.

12. Cut down on or eliminate alcohol. Alcohol interrupts sleep.

13. Quit smoking. Nicotine, like caffeine, can disrupt your sleep.

14. Avoid naps. Daytime naps interfere with a good night's sleep. If you must nap to safely drive or work, keep it under an hour and before 3 p.m.

15. Keep physically active. Brisk walking, swimming or biking daily improves your chances for a good night's sleep.

16. Don't exercise right before bedtime. It takes your body several hours to relax afterward.

17. A cool, dark room is ideal for sleeping. A room fan can cool the room and block outside noise. Turn off devices that produce light that may make it harder to sleep.

18. Be comfortable in bed. If you share your bed, make sure there's enough room for both of you. Consider sending children or pets to their own beds.

