

Tips for Better Sleep

Cognitive Behavioral Therapy Rules



Go to bed and wake up at the same time every day, even on weekends

Go to bed early enough to get at least 7 hours of sleep



Don't go to bed unless you are sleepy

Create a relaxing 'wind down' routine before bed

If you don't fall asleep within 20 minutes, get out of bed



Turn off all electronic devices at least 30 min before bed

Limit exposure to bright lights in the evening

Optimize your sleep environment by keeping it dark, cool & quiet



Do not hang out, work or watch TV in bed

Use your bed only for sleep and sex

Exercise regularly and maintain a healthy diet



Avoid caffeine in the late afternoon or evening

Avoid alcohol before bed

Avoid eating a large meal within 2 hours of bedtime.