10 TIPS FOR
HEALTHY SLEEP

Getting enough sleep improves your overall health. These tips can help you sleep better.

1 **Get up at the same time every day… and get up early**. Doing this every day, even on weekends, sets your biological clock. It's the most important change you can make to improve your sleep!

2 **Exercise! … But not right before bed.** Exercise stimulates us, which can make it hard to sleep afterwards. Avoid exercise 2 to 3 hours before bed.

3 **Avoid late naps.** Napping late in the day can disrupt your nighttime sleep. If you do nap, do so before 2:00 p.m.

4 **Only go to bed when you are sleepy.** Going to bed before you are drowsy is a common mistake. Only go to bed when you're tired enough to fall asleep within 15 minutes.

5 **Create a bedtime routine.** Create a routine that lets you get everything done an hour before bed and then wind down gradually.

6 **Relax before going to bed.** Your body needs to be relaxed to fall asleep. Plan an hour of calming activities, like meditation, colouring, or reading before you sleep.

7 **Take racing thoughts to another room…** Rather than stay in bed, take your worries to a comfortable place where you can sit and relax.

8 **…And clear your mind.** To help to clear your mind, write down what your worry is, how you will address it, and when you will do it.

9 **Talk to your doctor about snoring.** Snoring can be a sign of obstructive sleep apnea. If you do snore, talk to your doctor.

10 **Use your CPAP device.** If you do have obstructive sleep apnea, make sure you use your CPAP device! Left untreated, obstructive sleep apnea damages your brain and heart.