



Sleep Hygiene

Regular bedtime and rise time: Having a consistent bedtime and rise time leads to more regular sleep schedules.

Avoid napping: Especially naps lasting longer than an hour

Limit caffeine: Avoid caffeine after lunch

Limit alcohol: It is initially sedating but becomes activating as it is metabolized and you will wake through the night and not sleep well

Avoid nicotine: Nicotine is a stimulant

Exercise: Physical activity 4-6 hours before bed is great but vigorous exercise within two hours of bedtime is discouraged

Sleep environment: Use black out shades or eye mask for decrease light. White noise or ear plugs for sound. Avoid television or technology near bedtime. Reserve bed for sleep and intimacy only!

Bedroom clock: Avoid looking at the time if you wake up.

Evening eating: Avoid a heavy meal close to bedtime

Cognitive Behavioral Therapy: Apps are available for your phone. Steller Sleep and Sleep Reset are options.

Magnesium Glycinate: 250 to 500mg prior to bed