

READY...SET...SLEEP!

Tips for better and healthier sleeping habits

Drinks to avoid



Stay away from caffeine and sugary drinks before going to sleep. Drinks like coffee, tea, and soda can keep you awake

Follow a schedule



Going to sleep and waking up at the same time every day can help regulate your sleep schedule

Avoid naps



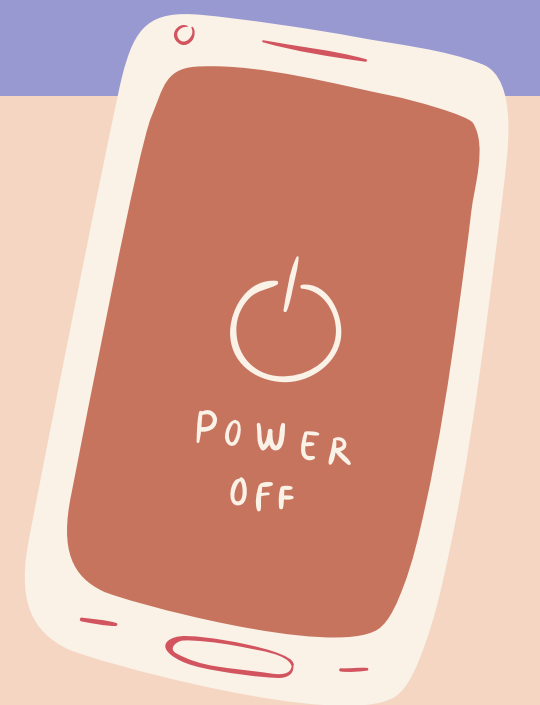
Napping, especially in the late afternoon or evening, can keep you awake at night

Create a relaxing bedtime routine.



Creating a relaxing bedtime routine can help with sleep. Try playing some soothing music, avoiding screens 1 hour before bed, and using low lighting as you prepare for bed

Unplug an hour before bed.



The light shining from your phones and iPads can make it harder to fall asleep, and scary shows or movies can further interrupt your sleep

Keep your bedroom comfy

Making sure that your room is not too hot or too cold, and keeping it quiet can help you fall asleep



Meals

Avoid eating large meals close to bedtime as they can keep you awake. Avoid chocolate as well as it contains caffeine

