A good night’s rest

When’s the last time you had a good night’s sleep? Restful sleep has many benefits. It’s vital for physical and emotional health, and you’ll feel less stress.

Sleep zone only
The key to good sleep is often creating a quiet, cozy, dark place that is for sleep only. This may mean moving the TV and radio out of your bedroom. It may also mean freeing yourself from cell phones and tablets once you are in bed. All of this can help you rest more peacefully.

Getting in the mood
Having an evening routine and a set bedtime will also help your body get used to a sleeping schedule. Think of a relaxing bedtime routine such as:

- Taking a warm shower or bath
- Listening to soothing music
- Stretching and thinking calm thoughts
- Using a sleep mask and earplugs, if light and noise bother you

Tossing and turning and sleepless nights
Struggling to sleep through the night is a common problem. Here are some things you can do to help.

- Try closing your eyes and putting yourself in a peaceful, pleasant scene
- Do something quiet that makes you sleepy
- Try not to drink any liquids after 6 p.m.
- Go to bed at the same time every night. And get up at the same time every morning

Restful sleep is vital for physical and emotional health

See other side to learn how changing your daily routine can improve your sleep.
Better days, better nights

How to make a few daily changes to enjoy better sleep at night:

- **Exercise**: Try to get regular exercise. This can help you sleep better. You may want to try to avoid late day exercise.
- **Caffeine**: Limit caffeine. Reduce coffee, tea, and sodas during the day. And don’t have any for at least 4 to 6 hours before bedtime.
- **Sunlight**: Get some sunlight. Spending time during daylight hours helps to reset your body’s sleep and wake cycles.
- **Alcohol**: Don’t drink alcohol before bedtime. It can cause you to wake up more during the night.
- **Smoking**: Don’t smoke or use tobacco. The effects are even worse when used in the evening.
- **Naps**: Don’t take naps during the day or close to bedtime.
- **Medicine**: Try not to take medicine that may keep you awake. Always talk with your doctor first.