

Additional Sleep Tips:

- Avoid caffeine (coffee, tea, chocolate) within 4-6 hours of bedtime.
- Avoid energy drinks and alcohol altogether.
- Avoid heavy meals late in the evening.
- Avoid sugar before bed. Try to eat a small snack with protein.
- Avoid strenuous physical activities 2-3 hours before bed.
- If sounds keep you awake, try ear plugs, a white noise machine or a fan to block out distracting sounds.
- An hour or two before bedtime, write down any upsetting events or conversations from the day to clear your mind. We can have lots of thoughts about planning for the next day or worries about the past/future. It can be helpful to write these down, and add things as you remember while you are winding down.
- If you are unable to fall asleep after 30 minutes, then get up and do something relaxing. Go back to bed when you feel sleepy.

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