



What you do before bedtime, the time you go to sleep, and the time you wake up affect how well you sleep. This also affects how much energy you have during the day.

Use these tips to help you sleep better at night:

- **Go to bed and wake up around the same time each day.** Plan to go to bed at a time when you feel tired, so that you don't toss and turn.
  - ◊ Try to go to bed and wake up at the same time every day, even on the weekends.
- **Be smart about napping.** If you need to nap, do it during the day for no more than 20 minutes.
- **Avoid bright lights before bedtime.** Your body makes a hormone called melatonin that makes you tired. Your body makes more melatonin in the dark. Try reading a book or magazine by a dim light instead of watching TV or using your phone.
- **Be active during the day.** Exercise helps you feel less tired during the day and helps you sleep better at night. Try to exercise at least 3 times a week for 30 minutes and at least 3 hours before bed.
- **Limit what you eat or drink before bed.** Stay away from caffeine, sugar, and big meals. A small snack is okay to eat about 45 minutes before you go to sleep.
- **Relax and clear your head before bedtime.** Try deep breathing to calm your active mind. You can also take a warm bath or listen to relaxing music.
- **Keep your bedroom cool, quiet, and comfortable** for a better night's sleep.

**For questions about wellness, contact:**  
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