

TIPS TO IMPROVE SLEEP

- Keep a regular sleep schedule.
 - Go to bed and wake up around the same time, even on weekends.
- Develop a nightly routine.
 - Consider journaling, reading, taking a warm bath or shower to wind down.
- Create a relaxing sleeping environment.
 - Try to remove any noise, settle your mind and create a peaceful place.
- Avoid caffeine and eating right before bedtime.
 - Eating right before bed can cause some discomfort.
- Avoid television and electronics. Try reading a book.
 - The bright light emitted by electronic devices and television disrupts falling asleep.