

Sleep Center at
NATIONAL
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#1 Respiratory Hospital in the U.S., Since 1998, U.S. News & World Report

If you have sleep problems...

Use a sleep diary and talk to your doctor. Note what type of sleep problem is affecting your sleep or, if you are sleepy, when you wish to be awake and alert. Try these tips and record your sleep and sleep-related activities in a sleep diary. If problems continue, discuss your sleep diary record with your doctor. There may be an underlying cause and you will want to be properly diagnosed. Your doctor will help treat the problem or may refer you to a sleep specialist.

**TEN TIPS THAT CAN HELP YOU
ACHIEVE BETTER SLEEP**

1. Maintain a regular bed and wake time schedule including weekends.
2. Establish a regular, relaxing bedtime routine such as listening to soothing music.
3. Create a sleep-conducive environment that is dark, quiet, comfortable and cool.
4. Sleep on a comfortable mattress and pillows.
5. Use your bed only for sleep or sex to strengthen the association between bed and sleep.
6. Finish eating at least 2-3 hours before your regular bedtime.
7. Exercise regularly. It is best to complete your workout at least a few hours before bedtime.
8. Avoid caffeine (e.g. coffee, tea, soft drinks, chocolate) close to bedtime. It can keep you awake.
9. Avoid nicotine (e.g. cigarettes, tobacco products).
10. Avoid alcohol close to bedtime.

